• Stay active! Physical activity during break can help you relax and relieve stress.

• Sleep, but not too much! Drastically changing your sleep schedule can be rough on your body’s internal clock. Try to get 7-8 hours of sleep each night.

• Try to limit your time in front of the TV/computer/tablet. Use your extra time to do an activity you enjoy or one you’ve never done before.

• Be aware of what you are eating. Avoid mindless eating, especially when you are bored!

• Go on a day trip and explore the hidden treasures in your area.

Staying close to home for spring break? Make the most of it!