

Eye Break

A short pause while studying — hang it by the desk

1

Rest your gaze far away

Find the farthest point in the room or outside the window and rest your gaze there, counting slowly to twenty.



2

Blink slowly five times

Calmly, without rushing — as if your eyelids were taking photos.



3

Close your eyes and breathe

Take three calm breaths — a moment to unwind before going back to your studies.



When to take a break?

A good rule of thumb is 20-20-20: every 20 minutes, look for 20 seconds at something at least 20 feet (6 metres) away — roughly the far end of the room or the view outside the window.