

REVISION AND REST OVER THE CHRISTMAS BREAK

MANAGING REVISION AND REST

OVER THE CHRISTMAS BREAK

It's your final week before the Christmas break and your lecturer has just gone through your extensive workload. Just before you log off, your lecturer reminds you to make sure you get some rest over the break, it feels a bit like a kick in the teeth. A heavy workload and a relaxing break can feel mutually exclusive and balancing the two can seem laughable at times. Skip forward to the Christmas break and you are trying to relax. Maybe you're spending time with your loved ones or just trying to watch some TV. For many people, the idea of 'switching off' is easier said than done. It's very common for feelings of stress, shame and guilt to penetrate into your downtime, and before you know it, it's impossible to relax because all you can think about is the work you should be doing.

The voice within oneself that re-iterates the word should is your self-critic. Although a useful voice for helping to motivate and push us, it can also become too dominating and this can lead to a very toxic attitude towards yourself. If Christmas is about giving, then think about what you can be giving to yourself.

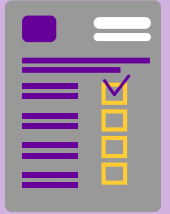


REFRAME YOUR CRITICAL SELF-TALK

Step 1: Notice the way you speak to yourself in these moments. What tone of voice do you use, is it judgmental? Spiteful? Are there any key phrases that you repeat to yourself?

Step 2: Now think about the ways you would talk to a loved one. What tone of voice would you use? What advice would you give them? Try to use this to re-phrase the way you talk to yourself.

ESTABLISH YOUR NON-NEGOTIABLES



Try writing a list of fun and relaxing things you want to do over the Christmas break, even small things. Labelling these as non-negotiables can help you give yourself permission to prioritise rest. You could check out this [exam season wellbeing planner](#) as it offers a simple way of prioritising both revision and rest.



TRY USE YOUR PHONE AND LAPTOP LESS

In this time of zoom seminars and discussion boards, the divide between work and rest has never been more blurred. Maybe you're trying to wind down by watching Netflix on your Laptop whilst you have loads of tabs open for uni work. It might be worth thinking about ways of spending rest time that don't involve your laptop or phone?

As we approach the end of a really difficult year. No matter what your plans are the Christmas break, everyone has earned the right to rest. If you are feeling overwhelmed and you're not sure what to do, visit the Student Support website which is packed full of helpful resources all designed to help you.