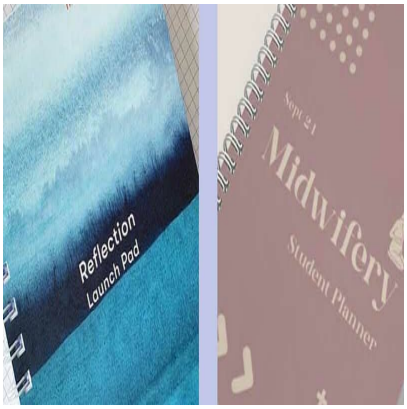

Description

Positive Planning with The Happy Student Company

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Nurturing wellbeing in your studies

In the ever-evolving landscape of education, the shift towards remote or online learning has become a norm for many student midwives. Whilst the flexibility of virtual classrooms offers convenience, it also give us new challenges, particularly prioritisation of personal wellbeing. Here are some tips on incorporating wellbeing into your home studies, and how staying organised can be the key to a harmonious blend of academic and personal life.

1. **Create a dedicated study space**

Establishing a designated study area helps create a boundary between your academic and personal life. This space, whether it's a desk in your bedroom or a cozy corner of your living room, can enhance focus and concentration. Make it a point to keep this space clutter-free and filled with natural light, creating an environment conducive to productivity and mental wellness.

2. **Set realistic goals and prioritise tasks**

Outline clear and achievable goals for each study session. Use your planner to break down larger tasks into smaller, more manageable steps. You don't have to achieve everything in one study session, so make sure your goals are achievable for right now, and schedule in what can be done tomorrow. This prevents overwhelming feelings of stress if you know exactly when things will get done.

3. **Establish a routine**

Creating a consistent daily routine provides structure and predictability, promoting a healthy work-life balance. Allocate specific times for studying, breaks and leisure activities. Keeping to a routine aids in managing time efficiently and reduces the risk of burnout. It's just as important to schedule in your rest as it is it for your studies!

4. **Incorporate mindfulness and self-care practices**

Integrating mindfulness and self-care into your daily routine is essential for overall wellbeing. Take short breaks during

study sessions to stretch, practice deep breathing exercises, or engage in a quick meditation. These moments of self-care can rejuvenate your mind and enhance focus. Everyone has different time limits on how long they can focus for. Be mindful of what yours is and set regular alarms.

5. **Keep social connections**

Maintaining a sense of community is crucial for wellbeing, especially in the virtual realm. Engage with fellow students through online forums, discussion groups or virtual study sessions. Social connections provide support, encouragement and a shared sense of purpose. It's easy to forget the world outside when you're studying from home, but staying connected with your fellow peers can remind you that you're not alone in this.

6. **Regularly reflect on your progress**

Take time to reflect on your academic journey and personal growth. Celebrate your achievements no matter how small, and acknowledge areas where you can improve. Regular reflection fosters a positive mindset and reinforces the importance of wellbeing in your overall success. Use one of our reflective journals to keep your thoughts in one place. You'll be amazed when you look back and see how far you've come!

Weaving wellbeing into your midwifery studies, particularly in an online learning environment, requires intentional effort. By adopting these tips and maintaining organisational strategies, you can strike a happy balance between academic success and personal wellbeing! **TSM**

> Integrating mindfulness and self-care into your daily routine is essential for overall wellbeing

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