

MIDNIGHT BREAKFAST

Study Break

GUIDE

The stress of studying for finals can take a toll on your mind and body. It's not just about relieving the strain on your lower back; it's about reclaiming your focus and energy. To feel and perform at your best, take a few minutes to reconnect with your body with simple stretches.

It's easy! Grab a stretch buddy or go solo – these stretches are so low key that you can even do them in the library. Just keep it quiet, okay?



NECK STRETCH

Drop one ear towards your shoulder, avoiding strain. Optional: Deepen by gently pulling head with hand. Hold 15 seconds, switch sides, repeat 2-3 times.



SHOULDER ROLL

Arms relaxed at sides. Roll shoulders forward, then up toward ears, back, then down. Repeat in reverse direction, doing 2-3 slow shoulder rolls each way.



SPINAL TWIST

One hand on opposite knee, and the other on seat behind. Gently rotate torso toward hands, optionally pressing on knee for a deeper twist. Hold 15 seconds, switch sides, repeat 2-3 times per side.



EXTENDED MOUNTAIN POSE

Inhale, reach arms overhead, keeping shoulders down. Optional: Lean right to stretch left side, return to center, switch sides, then release.



FORWARD FOLD

Hinge forward from hips, folding torso between legs. Round spine, drop head toward floor, then slowly roll back up to seated. Repeat as desired.



LUNGE STRETCH

Turn body left with left glute on chair, left foot on floor pointing left. Extend right leg behind, allowing right hip and thigh to relax into stretch. Release and switch sides to stretch opposite hip.



HIP STRETCH

Cross right ankle over left knee, creating a "4" shape with legs. Lean forward slightly for a deeper stretch in the right hip. Switch sides and hold each stretch for about 30 seconds.