

SEPTEMBER

Self-Care, Balance, and Recharge

The Health & Mind Club

We charge our phones the second they drop to 10%, but what do we do when **our own battery hits the red zone?** Most of us just keep pushing through. Between exams, assignments, late-night deadlines, and constant screen time, taking a pause often feels like a luxury we can't afford.

But real self-care isn't about complex routines, or taking a full day off. It's built on **tiny, daily choices**—stepping away from your desk for five minutes, taking a few deep breaths, or swapping endless scrolling for an actual rest. These small micro-habits are what keep everyday stress from turning into full-blown burnout.

Firstly, how can practicing self-care help us maintain balance, recharge our energy, and protect our mental well-being? Self-care is not about expensive products or spending the whole day doing nothing. Sometimes it's just about keeping your phone away for 10 minutes to relax your brain and take a walk while getting fresh air. Small choices like this give our mind more relief and time to breathe



Taking care of ourselves also helps us **identify when something is wrong** before it gets overwhelming. A tired mind may struggle to concentrate and make you feel **drained and demotivated**. Talking to a trusted adult or companion, or even journaling your feelings, can help us reset and enjoy instead of constantly operating on low energy



We often assume that scrolling means we are relaxing. In reality, scrolling may get our mind away from our work and keep us distracted for a while, but it does not make us feel refreshed. **Giving yourself 10 minutes** simply to listen to music makes you feel much more at ease and relieved than scrolling on your phone.

Think self-care takes hours you don't have? **Think again.** Here are a few **quick myths busted, daily balance hacks, and exam-season secrets** to keep your mind running at full.

1. Myth Busters

MYTH: Self-care requires hours of free time or elaborate routines.

FACT: Effective self-care relies on micro-breaks. Incorporating just 3 to 5 minutes of targeted deep breathing or stepping away from your desk can lower cortisol levels and reset focus without disrupting a busy schedule

MYTH: Pushing through physical and mental fatigue is the best way to stay productive.

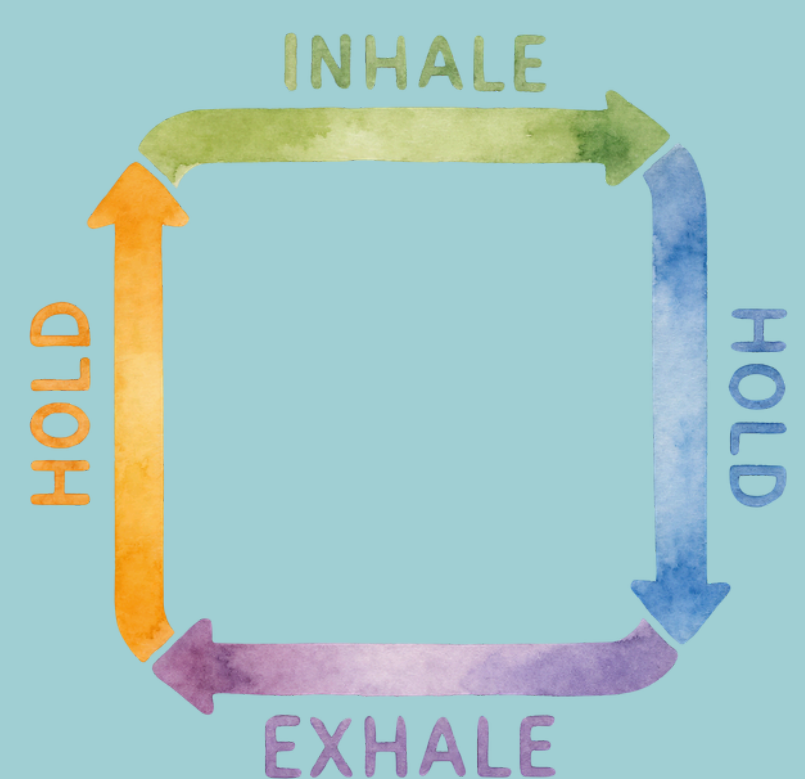
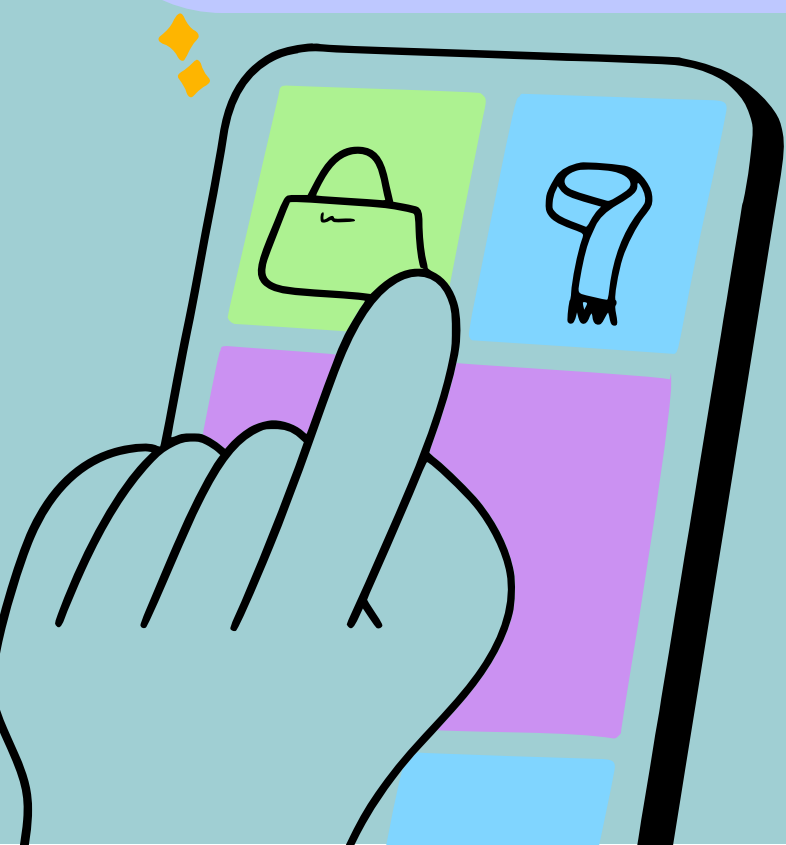
FACT: Working past cognitive exhaustion sharply increases error rates and degrades memory retention. Strategic rest intervals sustain long-term performance far better than continuous strain.

2. Quick Tips for Daily Balance

The 20-20-20 Focus Reset: Every 20 minutes of continuous screen or textbook work, look at an object 20 feet away for 20 seconds. This reduces visual fatigue and clears mental clutter.

Choose Active Over Passive Recharge: Scrolling through social media keeps the brain processing complex visual data. True recharge happens offline—stretching, stepping outside, or listening to music helps the brain consolidate information more effectively.

The 2-Minute Nervous System Reset: When stress spikes, use Box Breathing: inhale for 4 seconds, hold for 4 seconds, exhale for 4 seconds, and hold for 4 seconds. Repeat for two minutes to lower your heart rate.



3. Special Spotlight: Exam Season Self-Care

Prioritize Sleep for Memory Retention: All-nighters hinder academic performance. Sleep is the precise window when the brain transfers fresh information from short-term memory to long-term storage. Aiming for 7 to 8 hours ensures maximum recall during exams.

Hydration and Cognitive Speed: Mild dehydration—even as low as 1% to 2%—slows down processing speed and concentration. Keep a water bottle at your study station as standard preparation.

Structured Study Intervals: Work in focused 25- to 45-minute sessions followed by a strict 5-minute break away from your desk. This prevents burnout and maintains consistent high-yield retention throughout long revision blocks.



We tend to treat rest like a reward for **finishing everything**, rather than the fuel required to **keep going**. Here is how small, intentional choices keep everyday stress from turning into **full-blown exhaustion**.

Burnout:

the creepy little **tingle of overwhelm** we all keep meeting on Monday mornings. Whether it's from work, personal life, or the weight of unmet expectations, burnout is one challenge in today's fast-paced world where **FOMO is anything but sci-fi**. It is seldom that we find ourselves in a state of "upward comparisons," constantly measuring ourselves against those further along than us, which can leave us feeling inadequate.

But the question arises: **how are we to list measures to prevent this hurricane of irritation?**

Boundaries are essential to prevent burnout. They protect your time and energy for the things that matter most. To set clear boundaries, **we begin by saying "NO,"** setting clear work hours and sticking to them, even if it means resisting the urge to work late. Not to mention, cutting the slack for relaxation and hobbies outside of work should be on the desk.

Mindfulness and stress management could be reduced to simpler actions too, **perhaps a journaling hour post-homework or setting up a quiet time for yoga? Cycling down the lane, or even as tiny an action as sitting by your window for 10 minutes,** could help.

And there's the fact that **"self-care goes beyond bubble baths."** Small things like a balanced diet, proper sleeping hours, and exercise boost your mental health and metabolism by acres.



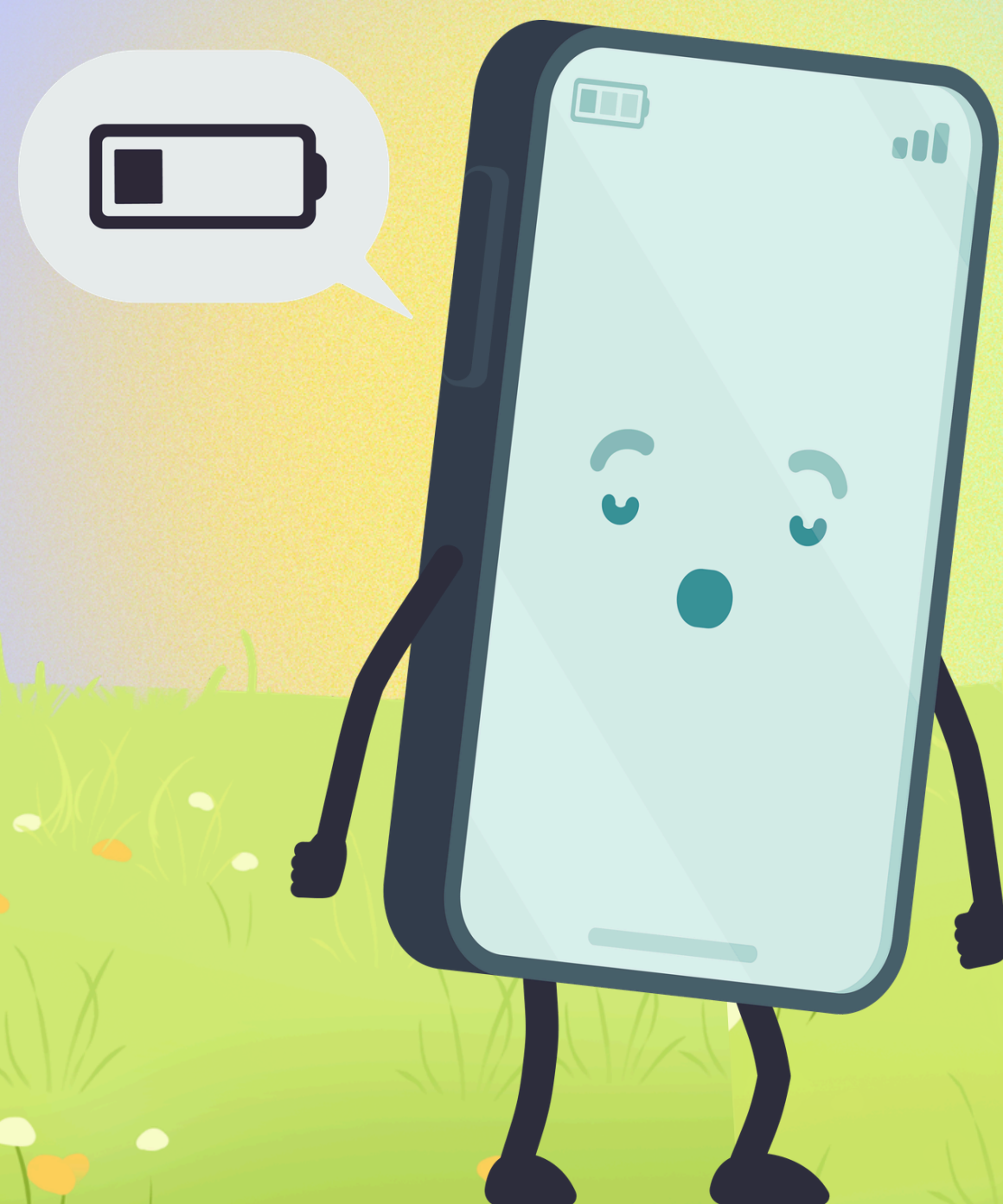
Reach out to friends and family, be open about your feelings, and reframe your perspective by seeing tasks as moving from a burden to an organized list of responsibilities.

Take breaks when you can to keep yourself motivated, keep a positive working space, and set reminders that not every action that needs to be done must be done all at once at the same time. Ultimately, **taking care of yourself shouldn't be on your list of luxury** rather should you see it as an **absolute necessity**.

Perseverance isn't about never falling; it's about making sure **every fall becomes a stepping stone**. Here is why pushing through the hard moments builds the strength you need for the big ones.

'The real power of perseverance is when you stand back up when life pushes you down' Every one of us has been there. You spend weeks cramming for a test and get a score you never hoped to see. You practice a sport or an instrument more than you have ever before, but just can't quite perform when it matters.

In situations like these, it's easy to feel like giving up and just stepping aside. This month at school, **we're looking at Perseverance**, our will to continue reaching for an objective even when we stumble along the way.



Importance of Perseverance



Persistence is not about never failing but rather about **overcoming those failures**. Life knocks us down, but persistence is that engine within us that changes the narrative from "**I can't do that**" to "**I can't do that yet**". Learning resilience through hard times teaches us how to troubleshoot problems, bolsters our self-assurance, and turns temporary setbacks into invaluable teachable moments.

Real-life examples of Perseverance:

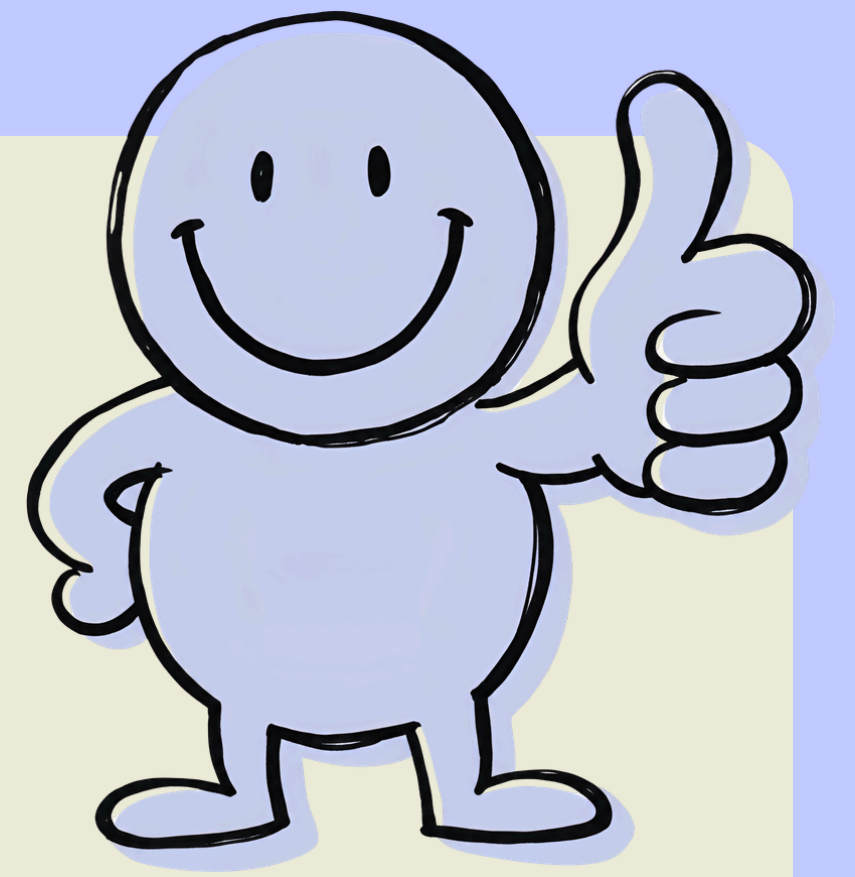
Thomas Edison, while inventing the incandescent light bulb, performed thousands of trials, which he termed not failures, but ways to know what works and what doesn't, ultimately discovering the right method.

- Often termed the greatest basketball player in history, **Michael** was even removed from his high school varsity basketball team as a sophomore. Instead of being disheartened, he used the rejection as an incentive to work much harder. He had once said, "I've failed over and over and over again in my life."

- Mid-race, **Derek Redmond** suffered a torn hamstring during the 1992 Olympics in Barcelona and battled his way across the finish line limping, with his father supporting him as he went.



Practices for Perseverance



Chunking down the big goals: large tasks can feel overwhelming when seen from a broad perspective but dividing the goal into smaller tasks will lead u to accomplishing your goal without even realizing it

Reframing failure: try not to see failure as a final sentence or statement about yourself or your capabilities. Learn from setbacks so that you can move ward differently.

Make your network broader: Do not be afraid to ask questions of those in your support network, such as teachers, friends and parents. Getting their advice may just give you the solution you require and also remind you that asking for support is a sign of strength.



Here are seven bite-sized actions you can take today to make your routine feel lighter and more intentional:

Self-care isn't always big routines; Sometimes it's tiny things that make your day feel lighter. Some of these tiny things you can do are:

Reset your mornings: Stretch, drink water, and open your curtains for sunlight.

Digital pause: Take one short break with no reels or shorts.

2-minute breathing break: This helps a lot when things feel too overwhelming

Clean one small thing: Just get up and organize your desk or cupboard. You will end up organizing your thoughts as well.

Play one mood-booster song: Something that instantly lifts you.

Have a quick small bite of something healthy: Fruit, nuts, or anything that gives real energy.

Mini movement: Walk around or do quick stretches.



Commit to just one small action each day for the next week. Check off each step as you go and notice the difference in your focus, energy, and mood.

Day 1: Unplug

Spend half an hour away from your phone or other screens. Take time to relax and read or draw or listen to music or just sit quietly.

Day 2: Refresh

Drink plenty of water during the day and take a few minutes for some fresh air.

Day 3: Rest Day

Give yourself 15 minutes of guilt-free relaxation. No studying. No scrolling. No thinking about work left undone. Just chill out.

Day 4: Clear Your Head

Write down 3 things on your mind and 1 small thing you can do about each. Surrender to what you cannot control.

Day 5: Move and recharge

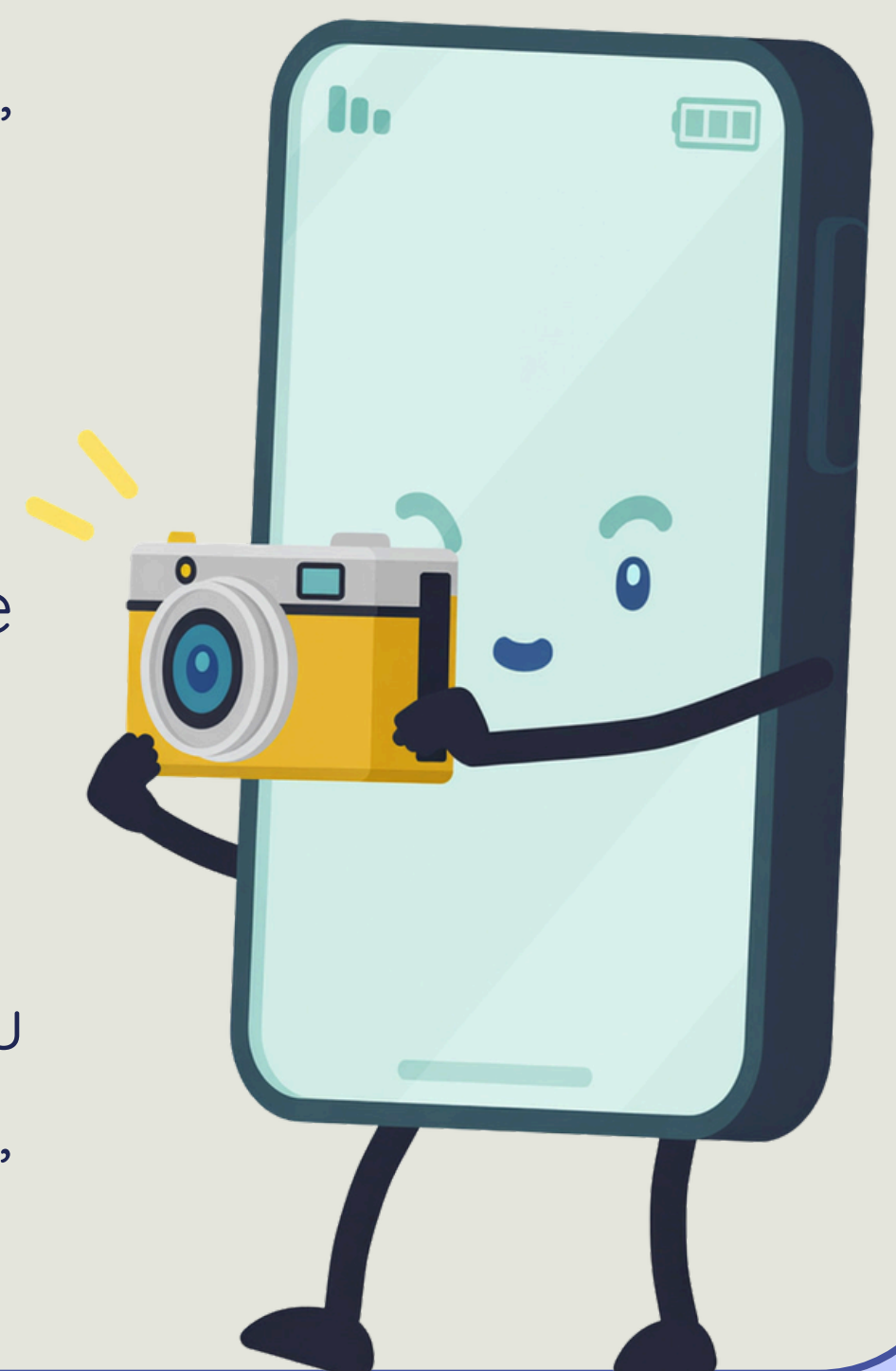
Go on a 20-minute walk, do some stretching, dance, or anything else you like to do. It's not about competing; it's about feeling recharged.

Day 6: Re-charge

Get some good sleep. Cut back a bit on phone time and give yourself some time to relax.

Day 7: Do Something You Enjoy

Make time to do something that actually makes you happy. A hobby, talking to a friend, playing a game, reading, creating something, relaxing.



Question for the day: What is the true goal of daily self-care?

- A) Spending money on expensive luxury products
- B) Doing absolutely nothing for an entire day
- C) Taking small, intentional breaks to protect your energy and well-being
- D) Completely ignoring your deadlines and responsibilities

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