

8 Tips to Rule Online Learning

During the time of pandemic, attending online classes and juggling multiple assessments is not an easy feat.

Learners often feel overwhelmed with the amount of screentime, the pressures of schoolwork and the lack of socialization. adds stress to an already challenging situation. Their mental health takes a beating as a result.

If you're a student dealing with teh same situation, here are a few tips to beat the stress and still shine in your academics.



Get some sleep

Getting a sufficient amount of shut eye makes you well rested and helps you take in information from studying. It also puts you in a better mood.



Eat healthy food

Stay hydrated and make sure to get a proper diet to keep your body healthy. This will help you beat fatigue and diseases.



Take breaks

Don't get lazy and make sure that you still get a few minutes of exercise daily. It helps you get the endorphins flowing and helps you reduce your stress levels.



Exercise

Essential oils are both calming and relaxing. Breathing in these scents help reduce stress and anxiety.



Journal

Do you have a lot of feelings and frustrations and no outlet for it? Why not keep a journal to articulate your feelings and emotions. It will help you get your feelings in perspective and give you peace of mind.



Create a study nook.

Create a space for learning that is far from distractions. This will help you focus on your studies and concentrate on your work.



Build a support network

Are online classes becoming too tough? Organize a group with your classmates to discuss projects and engage in conversation. You can also reach out to your school's counsellors to work through your issues if things get too tough.



Relax

Find time to relax and take care of yourself. Do something you enjoy to break the monotony of schoolwork. It's important to ensure your mental health.

