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Healthy Routine, Healthy Mind: 4 Tips for Working Effectively at Home

Introduction

Even before the 2020 coronavirus pandemic, online learning was growing in popularity. People who choose online learning have an eye on the future; they want an education that will empower them in their career paths going forward.¹ However, life can get busy—especially when you are piling online learning on top of your day-to-day responsibilities. If you're not careful, you'll end up feeling overwhelmed and putting your mental, physical, and emotional health at risk.

Practicing healthy study habits might not seem important, but when investing in online education, your wellness should remain a priority. You must be able to do your best work without compromising your brain or body.

Falling into bad habits is easy—which is why you should evaluate your study and work behaviors to determine if you are achieving your full potential.

Establish a Routine

The first step toward developing positive study habits is establishing a balanced routine. Overworking will simply leave you exhausted. Studies have shown that predictable, repetitive routines can be calming, allowing people to take better control of their lives.² Every day is made up of thousands of small decisions—and the more you can streamline your choices, the healthier you will be as you eliminate the pressure of spontaneous decision-making.

Planning your week can reduce your stress level and ensure that you can focus on the responsibilities in front of you. At the beginning of each week, make a list of tasks to accomplish—everything from homework assignments to laundry. Designate specific times for studies, breaks, and chores so that you don't get overwhelmed with one activity.

To get your mind and body used to your routine, keep your activities at the same time each day. For example, if you get your best work done in the morning, set aside two hours to study and work on online assignments. But be careful—if you work too long without a break, you'll end up getting fatigued. Consider this sample schedule for successful online learning:

Weekly Schedule:
7:00-8:00 – Wake up and shower
8:00-10:00 – Study/homework
10:00-10:30 – Relaxation break (meditation, reading, or healthy snacking)
10:30-12:30 – Study/homework
12:30-1:30 – Lunch
1:30-3:30 – Home chores (laundry, dishes, cleaning)
3:30-5:30 – Study/homework
5:30-9:00 – Dinner/family/relaxation

By setting a schedule, you can effectively segment your responsibilities and give them your full concentration during the right time.

Eat Healthy Snacks

It might seem tempting to reach for convenient “junk” food when you're busy. Packaged foods and snacks, like chips or cookies, are easy to grab—and they may provide a spike in energy, but they won't do you any long-term favors. It's good to take a study break for sustenance to keep you going for the rest of the day—but avoid foods that will only provide a temporary rush. Instead, select food that provides lasting energy and improves concentration.

Almonds, apples, carrots, and cucumbers are just a few examples of easy-to-grab foods that are good for your brain. You can add hummus for the veggies or peanut butter for the fruit to keep some variety in your snacking habits. Research shows that a consistent, nutritious diet can enhance memory, prolong the attention span, and improve thinking.³

If you're willing to take time to prepare your snacks, you can get even more creative. For example, frozen fruit kebabs are a fun way to get multiple vitamins and minerals in one serving. Or, whip up a trail mix with all of your favorites—dark chocolate, peanuts, almonds, sunflower seeds, or dried fruit. Take some time at the beginning of each week to assess your grocery list and be sure you have enough supplies to make beneficial snacks.

Use a Diffuser

A whole-person approach to healthy study habits can include utilizing natural supplements to support your body and brain—and aromatherapy is an excellent resource. Implementing a safe, effective blend of essential oils can wake up your mind and improve your mood as you study or work. Many scents, such as lavender and jasmine, are chosen for their calming qualities.⁴ When used during work, these soothing effects lead to a clearer mind and increased productivity.

There are also many oils used specifically for improving concentration. Rosemary, peppermint, and eucalyptus have been shown to enhance mental function.⁵ By educating yourself on the best uses for specific oils in aromatherapy, you can maximize your productivity—and provide recommendations to others. If you know the right combinations, you can support your mental and physical wellness while you work.

Get a Good Night's Sleep

When you are working from home, it can be hard to regulate your sleep patterns. This is why setting a daily routine is so important. If you get up at the same time every morning, your body will get used to being tired at the same time every night. Several studies show that sufficient sleep is essential to maintaining good health and performing well.⁶ If you are not committed to giving your body the sleep it needs, your brain—and ultimately your wellness—will suffer.

Fight the urge to stay up late watching an episode of your favorite show or reading a chapter of your favorite book. Pushing the limits of your well-being is not good for your body or your education. Additionally, try to avoid looking at screens late at night. Research suggests that the blue light emitted by electronics can prevent people from getting a good night's sleep.⁷ By giving your mind and body the rest they need, you will allow yourself to wake up feeling refreshed and ready for your daily tasks.

Conclusion

For some, studying and working at home is an adjustment. For others, it's simply part of a long-established routine. However, falling into bad habits is easy—which is why you should evaluate your study and work behaviors to determine if you are achieving your full potential.

At Trinity School of Natural Health, we teach whole-person wellness. Whether it's learning about supplements that improve concentration or nutritious foods that sustain energy, we want to provide you with the tools to succeed, not only in our online classes but in any career path. To learn about the programs we offer—and how they can empower you to lead healthier, more productive lives—[visit our website](#).

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