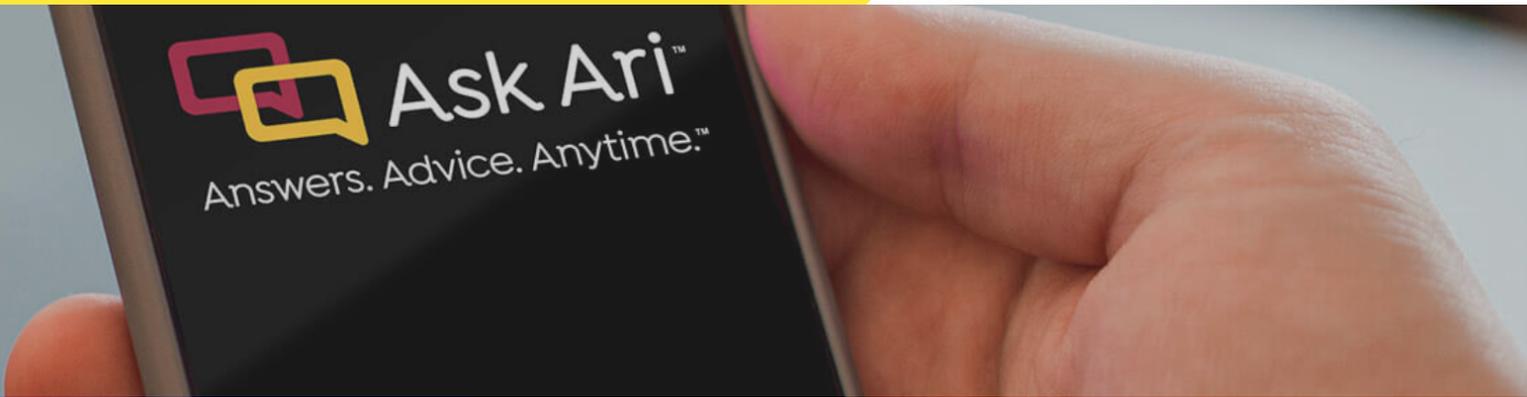

MAY 2021

FEEL GOOD FRIDAYS ASK ARI



WHAT IS ASK ARI?

Ask Ari is an interactive wellbeing app that provides informational tools and evidence-based recommendations, resources, and referrals to help USC students manage stress, sleep, productivity, mood, relationships, and more. Private and available 24/7. Check it out by downloading the Ask Ari app or visiting askari.usc.edu on your computer.

Askari.usc.edu

@uscaskari

Contact: Lyndsey Christoffersen

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USC Kaufman

Glorya Kaufman School of Dance

TAKE BREAKS

Take a 5-minute break every 30 to 60 minutes. Breaks recharge you and help you to be more productive. Try going outside, stretching, exercising, cleaning, dancing to your favorite song, or grabbing a snack.

MAKE LISTS

Use a notepad to jot down distracting thoughts, track deadlines, and plan. Revisit them later when you have more time.

SET TIMERS TO STAY ON TRACK

Set timers to remind yourself to take breaks, eat, stretch, change projects, return from breaks, and meet deadlines.

EACH EVENING

Pick your clothes, set up your workspace, and plan meals in the evening to decrease the number of decisions you have to make each morning. This allows you to focus on your most pressing priorities early in the day.

LISTEN TO YOUR BODY

Prevent burnout by making sure you eat often, drink plenty of water, move, and get regular sleep.

feeling overwhelmed? try a grounding activity!

Start with 5 slow deep breaths, then tune into your senses...

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste