

# IMPERIAL



10-14  
FEB  
2025  
South  
Kensington  
Campus

## Learning Well Programme

DESIGNED FOR ALL IMPERIAL STUDENTS

- Craft your personal journey to success
- Connect study strategies with positive mental wellbeing
- Foster wellbeing through effective learning practices

Explore the Learning Well Project student resources

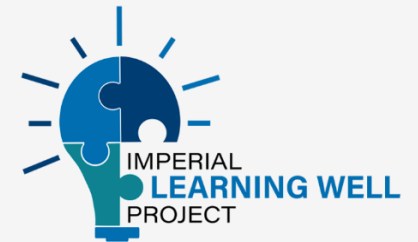
SCAN HERE

The poster features an illustration of a diverse group of students interacting. Above them are speech bubbles containing icons for music, books, a person stretching, and a graduation cap.

## The power of taking breaks

**Facilitators: Julia Hutchinson and Laili Sadr**  
Student Counselling and Mental Health Advice Service

10/02/2025



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## Pre-session check-in exercise

### **Imperial students -**

To support you to get the most from the Learning Well Programme, please take a moment to complete this short exercise about your current understanding and expectations of this session:

- Your responses will be submitted anonymously.
- There are no right or wrong answers – feel free to share your thoughts.
- This activity should take no more than 2-3mins.

Learning Well Programme: Pre-session Check-in Exercise  
(MONDAY)



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## Small Group Discussion

**What do you notice happening...**

in your mind

in your body

in your behaviour

**When you don't take breaks?**



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## Cognitive Overload

- Working memory – where we retain and manipulate information in real time – is flooded with stimuli

This affects the prefrontal cortex and hippocampus resulting in

- Mental chatter
- Stress
- Inability to make decisions
- Impaired memory
- Inability to focus

Understanding and Managing Cognitive Overload: <https://neurolaunch.com>

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## During Breaks

**Breaks enable approaching problems from new angles**



**The mind continues processing information resulting in deeper learning**



**Breaks enhance creativity by allowing the mind to wander**



**Breaks helps release stress in the body and sharpen focus**

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## Group Activity

**Q1: Which breaks do you take that help you focus**

**Q2: Which breaks do you find adds to your stress?**



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## Meditation Break



**Mindfulness and  
meditation  
techniques**



**Manage cognitive  
overload**



**Help train our brains  
to focus on the  
present moment**



**Reduces the mental  
chatter that  
contributes brain  
fatigue**



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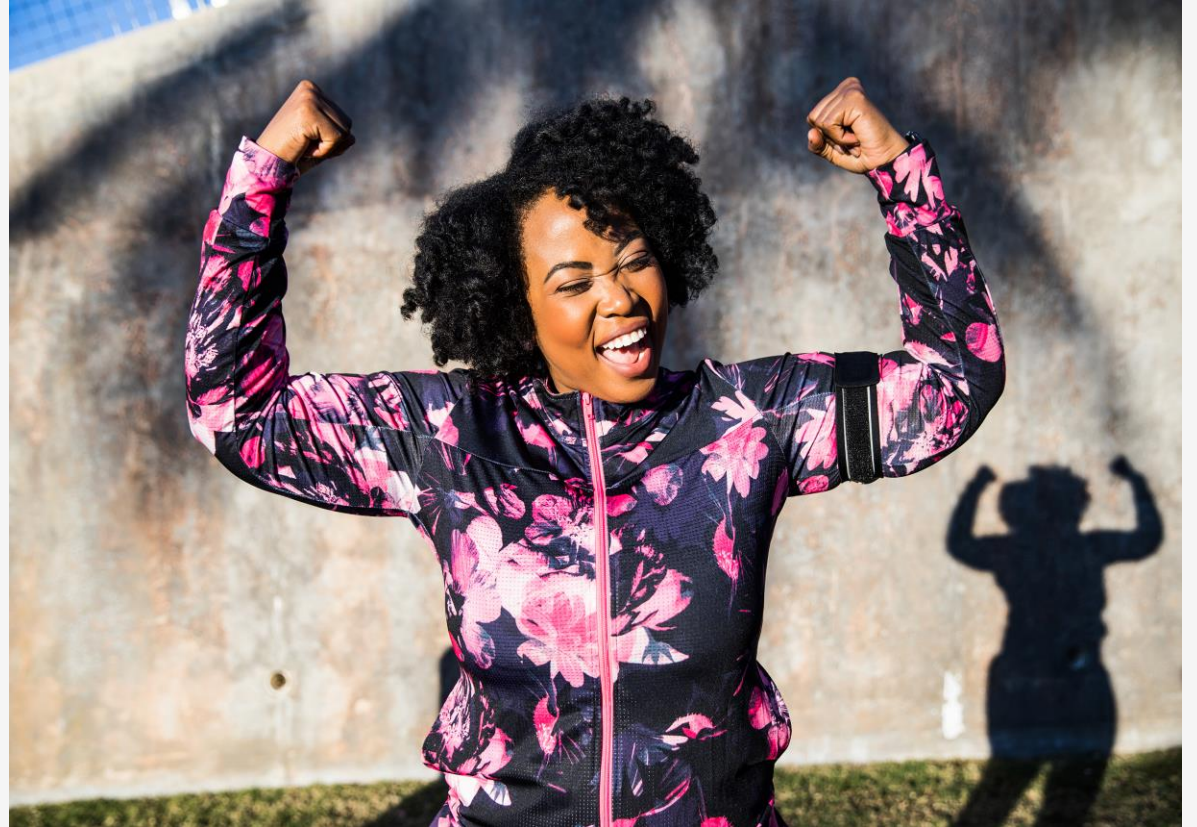
## Types of breaks (1)

### **Creative breaks**

- Daydreaming
- Learn something new

### **Moving breaks**

- Move
- Change your environment
- Go outside
- Do a small chore mindfully





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## Types of breaks (2)



### **Nourishing breaks**

- Meditate
- Nap
- Food and hydration

### **Socialise**

- Friends and family
- Flat and course mates

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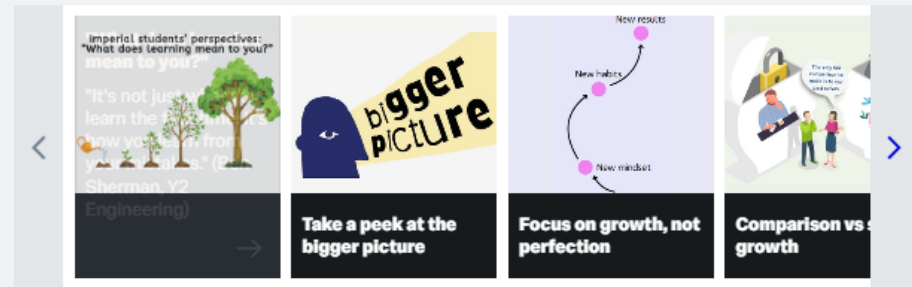
## Takeaway messages



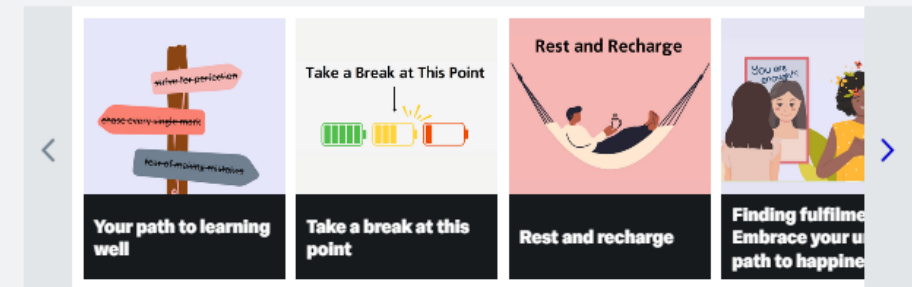
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## Learning Well Resources

### Understanding 'Learning Well' and strategies to achieve it



### Maintaining mental wellbeing is essential for effective learning



Website: <https://www.imperial.ac.uk/education-research/our-work/efficacy-agency-and-wellbeing/imperial-learning-well-project/pedagogical-materials-development--innovation/>

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## Post-session Reflection

### **Imperial students -**

To help you maximise this learning opportunity, this activity is designed to support you to reflect on what you've learnt and to consider what you can personally take away from this session.

- Your responses will be submitted anonymously.
- There are no right or wrong answers.
- This exercise should take no more than 3mins.
- We hope you find this activity helpful.

## Learning Well Programme: Post-session Reflection Activity (MONDAY)

