

# CONNECT

APRIL 2026

A MONTHLY NEWSLETTER ON MENTAL WELLNESS



## Finding Your Rhythm of Rest Between the Busy Moments

April often feels like a strange in-between. The semester is in full swing, deadlines are creeping closer, and many of us are juggling classes, group projects, commitments, and plans beyond school. As the semester picks up pace, it's easy to get caught in a whirlwind of classes, assignments, and campus activities. Yet, **taking intentional pauses** is not a luxury; instead, it is **essential for maintaining your energy, focus, and well-being**.

This month, we invite you to **pause** and notice something important. **Rest is not something you earn** only after everything is done. It is **something you can weave into the busy moments**, in **small and intentional ways**.

### Rest as Recharge

When we think of rest, we often imagine long breaks or sleep alone. While those matter, **rest can also look like brief moments of reset** scattered throughout your day.

It might be **putting your phone away** for ten minutes to let your mind settle, taking a **short walk between classes**, a few minutes of **deep breathing**, or simply **stepping away from your desk to stretch**. Sometimes, it is simply **allowing yourself to transition slowly** instead of rushing from one thing to the next.

Finding your **rhythm of rest** also means **listening to your body** and recognising when you need downtime. Avoid the trap of thinking productivity equals constant motion. Instead, **balance activity with recovery for sustainable performance**.

### Tips for Resting Mindfully

#### 1. Schedule Mini-Breaks

Even **five minutes between tasks can refresh your mind**. Try resting between classes instead of scrolling endlessly. **Allow yourself a short pause** after finishing a task before jumping into the next one.

#### 2. Mindful Transitions

Use the **walk between classes** or labs as a moment to check in with yourself. Create simple cues that signal a shift, such as **stretching, stepping outside, or listening to one song** with full attention.

#### 3. Digital Boundaries

**Reduce notifications** or **step away from screens** to allow mental space.

#### 4. Listen to Your Body

Notice **fatigue, tension, or stress cues** and **respond with appropriate rest**.

#### 5. Reflect Briefly

A quick journaling or **breathing exercise** can help consolidate your energy and **reset focus**.



### A Gentle Reminder



If you have been feeling persistently tired, mentally foggy, or emotionally drained, it may be your body and mind asking for a little more care. Sometimes, having a supportive conversation can help you slow down, make sense of what you are carrying, and find small ways to restore balance. **Counselling support is available through the Student Wellness Centre**, with appointments bookable via the usual channels, and reaching out can be a quiet but meaningful step in taking care of yourself during a busy season.

### Stay Connected With Us

We're now on Instagram. Follow us **@sgsmustudentwellness** for **bite-sized mental health content, community highlights, and real-time updates**.

Prefer concise updates without scrolling? Our Telegram channel continues to be a fast and simple way to receive wellness resources and key announcements.

Wherever you study or unwind this month, may your spaces help you feel grounded and supported.

### Teaser for Next Quarter

A new theme begins in May: **Chill, where we explore rest, recovery, and the science of slowing down in a fast-paced semester**.

### Here When You Need Support

Whether you're feeling disconnected, sitting with complicated emotions, or just need someone to talk to, **we're here for you**. You can book appointments with us anytime by **clicking on the Book an Appointment** button.

[Book a Counselling Appointment](#)

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