



Learning to Pause Without Falling Behind

As the semester ends and summer break begins, many students enter a different kind of transition. The pace of exams and deadlines eases, but **rest does not always follow automatically**. Some feel relief. Others feel restless. And many feel a **quiet pressure to immediately “make the most” of the break**.

For some, summer is already structured with internships, part time work, projects, or other commitments. Hustle culture often gets a bad reputation, but **it is not all negative**. The drive to **learn, grow, and make use of opportunities** can be meaningful and motivating. The challenge arises when **constant doing leaves little room for recovery**, especially after a demanding academic term.

This month, we invite you to consider a gentler perspective. **Rest is not the opposite of effort. It is part of how effort becomes sustainable.**

Rest as Recovery After a Long Push

Exam season and a heavy academic load can leave the body and mind running on empty. You might notice lingering fatigue, difficulty switching off, or guilt when you are not being productive. These are common signs that your system is still coming down from sustained pressure.

Rest is not something you earn only after everything is done perfectly. It plays a role in restoration. Even during internships or busy schedules, rest does not need to mean long breaks or doing nothing at all. It can show up as **intentional pauses that help prevent burnout from carrying into the next season**.

Balancing effort with recovery now supports clearer thinking, steadier emotions, and better energy later.

Practical Ways to Pace Yourself This Summer

Here are a few realistic ways to build rest into a busy or loosely structured break:

- Protect Small Pauses**
Use short windows intentionally. A quiet commute, a few minutes of stillness after work, or sitting with a drink before moving on can help your mind reset.
- Create Clear Stop Points**
Set gentle boundaries around work or commitments. Knowing when you are “done for the day” helps your body exit exam mode.
- Redefine Productivity**
Recovery supports performance. Walking, stretching, or spending time without an outcome helps restore focus.
- Leave Some Time Unstructured**
Not every moment needs to be planned. Open pockets of time allow you to respond to how you feel rather than constantly pushing through.
- Notice Your Pacing**
If exhaustion lingers, it may be a sign to slow down. Adjusting your pace is not a setback. It is part of balancing load and recovery.

A Moment to Reflect

As you move into summer, you might pause and consider:



- What has helped me stay going during the past academic term, and what has drained me?**
- How do I know when my effort is energising versus when it is tipping into exhaustion?**
- What is one small way I can allow more recovery into my weeks, even with commitments in place?**

There are no right answers. The aim is simply to notice, rather than rush past how you are feeling.

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.

Taking a Short Break

Our **newsletter will take a short break in June** and will be **back in July** with the next chapter of Find Your P.A.C.E.

Until then, take it one steady step at a time.

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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