

## November Wellness Tip

# ONE THING AT A TIME

### Feeling pulled in every direction?

Homework, deadlines, exams, and emails all shouting for attention—no wonder our minds feel crowded.

### Here's the secret:

**You don't have to do everything *at once*.**

When you give your full attention to one thing, your stress drops, your focus sharpens, and even ordinary moments start to feel calmer and more enjoyable.

### Try these simple steps:



**Pause and breathe.** Ask yourself:  
What's my one thing right now?

**Focus in short bursts.** Work 25–40 minutes, then take a short break.

**Quiet the noise.** When other worries pop up, note them—then gently return to your task.

**Enjoy the process.**  
Presence turns even small tasks into meaningful moments.

**One thing at a time =  
more calm, more  
clarity, more joy.**

