

# Pomodoro Quick Start Guide

The Pomodoro Technique is a simple time-management method designed to help you stay focused and avoid burnout while studying or working online.

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## 1. The 25/5 Rule

- Work in focused 25-minute sessions.
- Take a short 5-minute break after each session.
- After four Pomodoros, take a longer 15–30 minute break.

## 2. Reduce Distractions

- Silence phone notifications before starting.
- Close unrelated browser tabs and apps.
- Prepare everything you need before the session begins.

## 3. Break Ideas

- Stretch or walk around.
- Drink water or make tea.
- Avoid scrolling social media during breaks.

## 4. Simple Session Planner

Task	Estimated Pomodoros	Completed

*Demo resource created for eLearning Themes  
elearning.3rdwavemedia.com*