

Your mental health is something that you need to look after. Taking time to do this will help with your exams, but also in your everyday life!

Sleep better, feel better.

- Bedrooms should be just for sleeping. If you revise in your room, put your books away!
- Having a night-time routine can help you sleep better. Do something before bed to unwind and relax.
- Avoiding caffeine too close to best time – it's not just in coffee...
- Reduce distractions & relax – use blue light mode on your phones and limit your usage before bed.

Good Sleep:

- Increases resilience
- Allows the body to repair itself
- Helps regulate emotions
- Consolidates our memories
- Helps to process information
- Time for our brain and body to rest.

Exercise and Nature.

- Improves mood and relieves stress
- Enhances wellbeing
- Positive coping strategy
- 10 minutes of walking increases mental alertness, energy and mood
- Can help us feel content, awake and calmer
- Positively influences on our self-esteem and self-worth

The Benefits:

- Exercise releases endorphins, the feel good hormone
- Doing something physical releases cortisol which helps us manage stress.

Food and Mood.

- Feeding the brain with a healthy diet supports healthy brain activity and limits the impact bad oxidants can have on our mood.
- A healthy diet helps with academic success
- Don't forget hydration! 6-8 glasses a day helps concentration

Mood Boosting Foods:

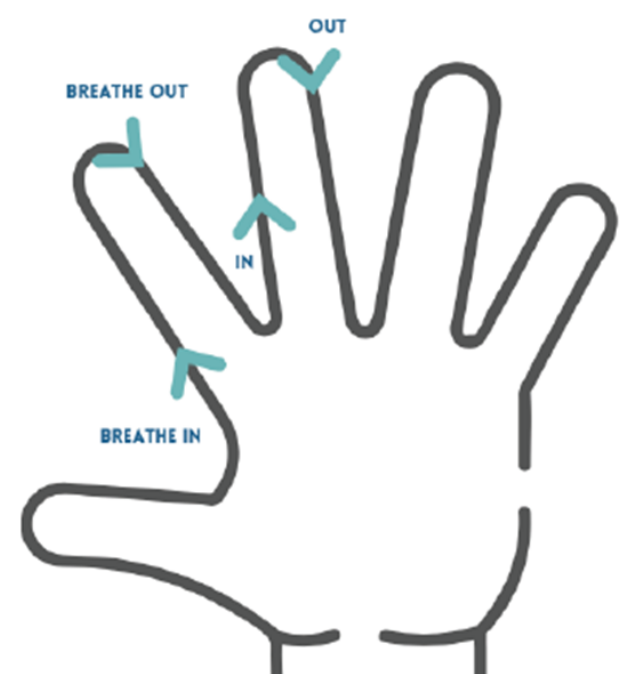
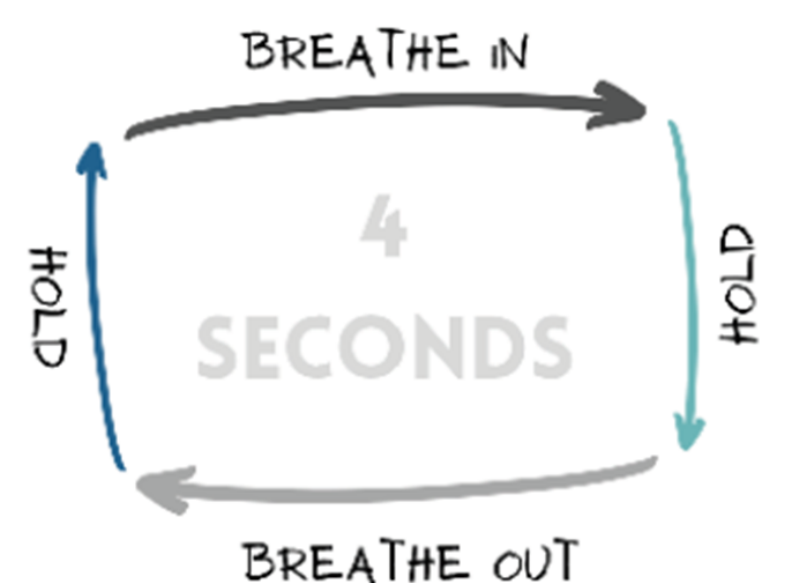
- Dark chocolate, blueberries, broccoli, coconut, eggs, Greek yoghurt, green tea, honey, porridge, orange juice, salmon, pistachios, spinach, walnuts, water!

Managing your stress.

Having a good work/life balance is key to managing stress. Whilst it may be tempting and it may seem like a good use of time to revise all day long, it's not the most effective way to learn.

When you are stressed, you need ways to release this. Find what works for you, but make the time for activities you enjoy as well as revision. Schedule these into your day so you have things to look forward to.

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|--------------------|--------------------|
| • Going to the gym | • Going for a walk |
| • Baking | • Knitting |
| • Seeing friends | • Drawing |
| • Watching Netflix | • Journalling |
| • Reading a book | • Cooking |
| • Meditating | • Singing |



Productivity.

There are many ways to increase productivity when it comes to revising;



Environment

- Is it calming?
- Do you have everything you need?
- Is it an appropriate place to work?



Distractions

- Try putting your phone in another room or on airplane mode
- Close all unnecessary tabs
- Tell your friends and parents you are busy and ask them not to disturb you



Organisation

- Planning helps you to balance your time so that you don't spend all your time revising one subject
- If you share your revision plan with friends or family then you are more likely to stick to it
- Do the hardest thing first or when you're most alert- think how good you'll feel when you have done it.
- Reward yourself for ticking something off your to do list
- Don't cram your to- do list- this is unrealistic and will overwhelm you. Make it manageable
- Make a to-do list at the end of each day so you know what tomorrow holds and you feel prepared



Time Management

- Schedule in regular commitments, extracurricular activities & any appointments
- Block out break times – depending how you work best, but 25 minutes and a 5 minute break is recommended
- Prioritise subjects – have a think about the trickier and content-heavier ones
- Colour code your subjects to make it easier to see at a glance
- Stick to your timetable, but don't beat yourself up if you don't

Questions to consider:

What do I need to revise for this subject?

How many topics do I have to cover?

How long will it take me to revise them all?

Can I group certain topics together in one revision session?

How long will each revision session be? (Remember, shorter sessions are more effective.)

Exam Day.

Get enough sleep

Don't rush

Be hydrated

Don't skip breakfast or lunch!

Pack what you need the night before

Positive visualisation

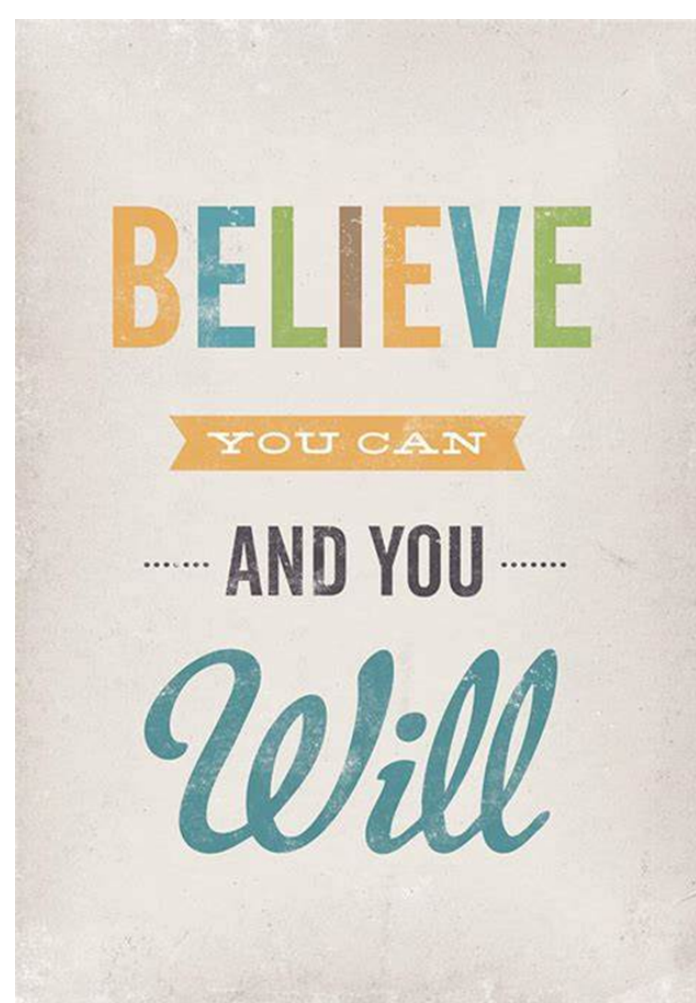
Go to the toilet before the exam

Read the questions carefully

Plan your time with practice papers

Check your answers

Stay calm!



Perspective.

Keep in mind that exam results do not define who you are.

- Remember your strengths.
- Make a list of all the things you want from life which don't involve exams.
- Have fun! Remember your life outside of exams is important too.

Never forget that your health and happiness is worth looking after.