

16 EXAM WELLBEING TIPS



BUILD SLEEP HABITS NOW, DON'T WAIT UNTIL THE NIGHT BEFORE EXAMS.

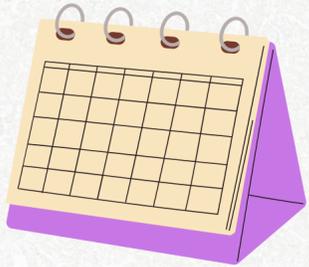


EAT A HEALTHY BREAKFAST TO SIGNAL TO YOUR BODY YOU'RE SAFE.

AVOID SCREENS AND BRIGHT LIGHTS BEFORE BED TRY JOURNALING, READING OR CHILL MUSIC.



MAINTAIN A SIMILAR BEDTIME AND WAKE-UP ROUTINE, EVEN ON WEEKENDS.



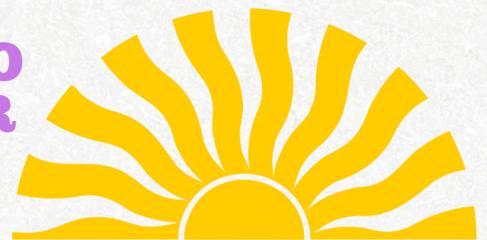
NOTICE YOUR ENERGY PEAKS AND SCHEDULE STUDY AROUND THEM.

MAKE THE MOST OF SCHOOL BREAKFAST CLUBS. YOU GET SOME FOOD AND YOU WON'T BE LATE!

MOVEMENT CHANGES EMOTION. IF YOU'RE FEELING STRESSED, GOING FOR A WALK IS A SIMPLE WAY OF SHIFTING YOUR EMOTIONAL STATE.



GET OUTSIDE AND FIND THE SUN! THIS WILL BOOST YOUR MOOD AND ALSO REGULATE YOUR BODY FOR BETTER SLEEP.



DON'T DOOMSCROLL ON YOUR BREAKS.



AVOID SUGAR.



KEEP A SUPPLY OF HEALTHY SNACKS IN YOUR BAG.

KEEP PLAYING SPORTS YOU ENJOY DURING EXAM SEASON.



TURN OFF NOTIFICATIONS TO INCREASE FOCUS.



KEEP YOUR WATER BOTTLE NEARBY.



CONNECT WITH FAMILY AND FRIENDS.



FIND SHORT ACTIVITIES TO SWITCH YOUR BRAIN FROM 'STUDY MODE' TO 'REFRESH MODE'.