



Healthy Body, Healthy Mind

As all year groups are facing tests and exams now, it would be prime time to consider managing exam stress, studying and social life, playing an important role in mental wellbeing and happiness.

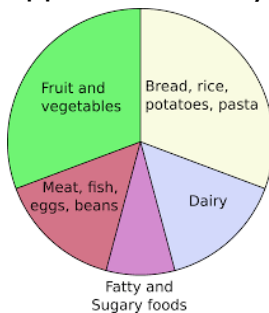
How do I manage my study time effectively?

1. **Setting up a study schedule** allows you to allocate time for rests and fun, whilst balancing your studies correctly.
2. **Keeping clear goals** enables you to remember what you want to be achieving and helps streamline through the tasks.
3. **Having motivation** keeps you wanting to achieve your goals and do it correctly and efficiently.
4. **Prioritising tasks** helps to complete everything in the time frame. Keeping things in categories such as 'Very Important', 'Less Important' and 'Not Important' or in due dates allows you to understand what is most important.
5. **Avoiding multitasking** makes study life marginally easier as you don't need to jump back and forth between assignments, and it keeps your brain less confused too.

6. **Keeping minimal distractions** really aids studies. If you have your phone that you are not working on, or in a room where there is noise or games, etc, it distracts you and therefore you waste time on distractions.
7. **Try the Pomodoro technique** - it's where you use 30 minutes to study and do the task, and 5 minutes for a break. The use of the time ticking against you helps streamline through the workload with minimal distractions and in an efficient manner.

How do I minimise my study stress?

1. **Eat well, exercise and sleep well.** If you follow the Eatwell plate daily and keep fit simultaneously by choosing a sport or too that interests you, like swimming, *and* sleep for at least 8-9 hours a day, you will remain fit and healthy and you can see it in your appearance and your mood. Remember that all fats aren't bad fats!



2. **Listen to music.** Whether it's classical, lofi, dream pop or any other simple quiet melody, it *will* boost your mood and productivity. Studies show that listening to music does scientifically brighten your mood and improve your focus, so there's no harm in listening to some quiet music. Just make sure to avoid genres such as rock, and songs that have words in as it is distracting.
3. **Try breathing techniques and yoga.** Unwinding after a long day of study doesn't necessarily mean you just start scrolling through your feed, you could be stretching and doing mindful breathing, to regain zen, or reading a book.
4. **Plan ahead.** If you have exams coming up in the next week or two, you could do small revision slots daily. For example, you could do 5 minutes on Monday, then 10 minutes on Wednesday and 20 minutes on Friday. This then allows spaced revision without cramming and procrastination.
5. **Create a study space at home.** Doing this allows you to turn on study mode on that desk, and you don't need to go walkabout to find a pen or get those headphones. In a study space, that sanctuary is where you can just do the work and with no distractions.
6. **Share your workload with group study sessions.** Doing this makes studying not a chore or something to be sad over, but a fun way to incorporate friends in too. By doing so, you are teaching each other and learning from different people as they may know different things.

But why does my wellbeing matter?

Overall, your general happiness and health determine how your attitude to studying and your take on it is. If you keep a fit and healthy lifestyle incorporating an adequate amount of rest, food and social events rather than completely isolating yourself you have higher chances of getting higher marks. If you are unfit and unwell, your concentration will dwindle and diminish. So take care of yourself, and reserve time for studies AND yourself!