

5 ways to stay healthy during exams

1

No devices in bed.

Ensure that you **never** take your device to bed with you. Decide on a time that your phone will be turned off and stick to it. We guarantee you that messages and notifications can wait until the morning. If possible, ask a family member to do this with you and to switch their device off at the same time.

2

Revise in the morning.

Research shows that revising in the morning can cause less stress than learning at night. Try to get a chunk of your revision done before lunch and this will help for a calmer afternoon and evening. It will also mean that you feel you have time for other things.

3

Move every day.

This is important. Do whatever you enjoy. Walk the dog, play football, go for a run, take your bike out for a bit. Exercise has two major benefits to the mind. Firstly, your brain receives a greater supply of oxygenated blood. Secondly, your body releases endorphins which make you feel happier and less stressed.

4

Be careful with caffeine.

Caffeine, in low dosages, can help with alertness but caffeine can also have two major negative impacts if you take too much. Firstly, it can increase anxiety. This is not good for someone already under pressure. Secondly, it can prevent you from sleeping or reduce the quality of your sleep.

5

Talk.

If you are worried, share that worry. Talk to a parent or trusted friend. If that is not possible, speak to someone in a position of responsibility such as a teacher or counsellor. Remember that there are brilliant support services around you if you need them. Try The Samaritans or Childline if you need to.

