



# PLAYTIME AT EXAM TIME

## MAKING TIME FOR FUN AND HOBBIES

All work and no play makes.....us stupid! It may be tempting to drop our hobbies when we are studying, but this can cause more stress and make us less effective. It's really important to make time for the fun stuff too.



Those who have a hobby or interest are able to think more creatively and are better at problem solving



Creativity and playing has a positive effect on our mental wellbeing



Listening to music releases dopamine which is a feel-good chemical for our brain



If you have a pet - stroke it. It lowers our heart rate and boosts our mood, so we are happier and less stressed



Spending time on a hobby uses a different part of our brain from when we are studying and so stretches it's capacity to learn.



When we do something we love, we are totally in the moment and forget our worries. This is healthy for our mind, body and soul

# A DAILY DOSE OF MEDICINE FOR THE MIND



Take 30 minutes daily to do something you love, something you get lost in and something that leaves you with a warm fuzzy feeling inside.

Read for pleasure, write a blog, draw, take photos, make a video with friends, bake a cake or a tasty meal, play a game, listen to music or write a song.



Go for a hike with the dog, join an exercise class, dance, do some gardening, play an instrument, watch a funny film/video clip and laugh till your belly hurts!

When the exams are over DON'T analyse them, just get on with doing MORE of the above!