



GIVE YOUR BRAIN A HUG

DOWNTIME AT EXAM TIME

When it comes to revision, sometimes less is more. More hours with your head in the books without regular breaks for rest and relaxation will lead to a stressy, messy end. Make time for relaxation daily to be on form.



The teenage brain is going through a big makeover and the the fear centre is on alert which means you feel a bit more stressed.



Making time every day to relax, you can actually train your brain to be happier and less stressed.



Sleep prepares the brain to learn new information and improves memory, so the information sticks for longer.



A stressed, tired brain cannot learn, so staying up all night revising won't improve your grades.



The best time to practice any relaxation technique is when you're already relaxed!



Taking some slow deep breaths actually changes your brain chemistry and allows you to think more clearly.

DAILY HABITS FOR RELAXATION

7/11 BREATHING



Breathe in for a count of 7 and out for a count of 11 for 3 minutes. This sends a message to your brain telling it everything is OK and there's no need to panic. Practice this twice a day when you're relaxed, then you have it nailed for when you really need it.

Set yourself a challenge of switching off all your tech for 20 minutes daily (yep I know it's hard, no phone, ipad, TV!) Write down 3 things that make you really happy, smile, laugh and enjoy thinking about them.

20 MINUTES 'TECHLESS'



SNOOZE TIME



Remember, sleep is your friend. Try the above before bedtime, along with a warm drink and a bath. If you're struggling to sleep, don't fight it, do a brain dump and write all your worries down, then do a 7/11 until you settle.