



Stress Management

Health & Wellbeing

Sleep



- 15/16 year old needs around 8+ hours sleep
- Sleep is important for many reasons, including: consolidating memories, processing new skills/information, repairing muscles, fighting infections & relieving stress by improving our mood.
- Getting a good night's sleep after revising makes the information learnt, much easier to recall!
- Lack of sleep may make us feel groggy, grumpy and unmotivated, making it harder to sit down and spend time revising
- Easy methods to improve sleeping patterns include: Not eating a heavy meal or exercising too close to bedtime, setting a routine of when you would like to sleep and when to wake up, stopping work an hour before bed, turning off phones/laptops/ipads before going to bed, or turning the brightness fully down!

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Breaks



- Concentration span is roughly only around 25 to 30 minutes
- Therefore short bursts of revision are much more effective than revising for hours on end!
- Could work for 30 minutes, take a 5 minute break, work for another 30 and then have another break.
- Use the breaks to get fresh air, a snack, check your phone, talk to a friend.
- One way of splitting up the day would be 8 hours sleeping, 8 hours working, and 8 hours doing something fun/hobbies

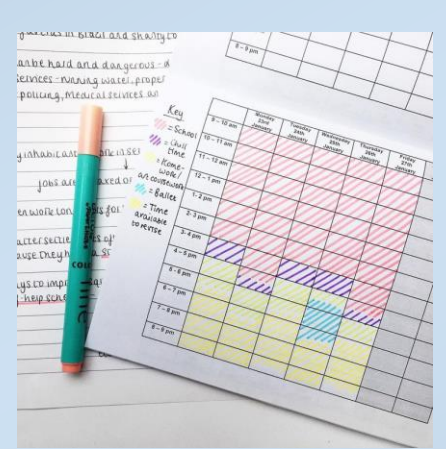
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Diet and Exercise



- A balanced diet is important to stay healthy and naturally reduce stress
- Avoiding caffeine, drinking lots of water, will keep you more hydrated. Therefore less likely to suffer from headaches, and more able to stay focused
- Eating a balance of fruit, vegetables, proteins and carbohydrates is also important, as it ensures your body gets the nutrients it needs and the fuel for your brain.
- Exercise is also very important and good for you. Exercise releases endorphins which are natural painkillers – reduce stress
- Football, Rugby, Running, Yoga, Swimming, walking are just a few examples of exercise you could try to de-stress

Revision Tips:



- Revision timetable – plan when you want to work on each subject & for how long
- Revise with friends – Meet up, Facebook groups, Snapchat group, Whatsapp group etc
- Attend revision sessions & ask for help if you don't understand something
- Can't sit in silence? Make a revision playlist (YouTube, Spotify etc)
- Continue hobbies and sports alongside revision to give you a break
- Test out different revision techniques to see what works for you

Useful Websites, Apps, Revision Youtubers

- Exam board websites: AQA, EDEXEL, OCR
- <https://getrevising.co.uk/>
- <https://www.bbc.com/education>
- Quizlet
- Duolingo
- Revise with Eve/Eve Bennett
- Unjaded Jade
- And many more!!