

Year 11 Health and Wellbeing

Practical tips on
looking after yourself during exams

Three key Factors

*Sleep

*Exercise

*Nutrition

Sleep



- Decision-making skills
- Memory
- Concentration and efficiency
- Alertness
- Awareness and ability to respond effectively to situations
- Reaction and thinking times.

A recent BBC article referenced research suggesting that today's teenagers average **6-8 hours of screen time a day**, not including time spent on a computer doing schoolwork.

Students your age need around **10 hours** sleep in order to perform at your very best and checking mobile, tablet and computer screens late at night can hinder this.

TIPS

- Do not cram
- Avoid doing work close to bed time so that your brain can ‘wind down’.
- Have a consistent bedtime, remember experts recommend **10hrs** for teenagers
- Write down any thoughts or concerns to help avoid them ‘buzzing’ around your head
- Create a relaxing pre-bed routine, free from screens, sugar and caffeine
- Incorporate exercise into your day



Physical Activity

THE BENEFITS OF EXERCISE ON MENTAL HEALTH

@BELIEVEPHQ


REDUCED
STRESS
LEVELS


INCREASED
WELL BEING


INCREASED
ENERGY
LEVELS


BOOSTS
BRAIN
POWER


REDUCED
DEPRESSION

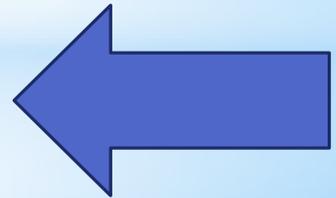
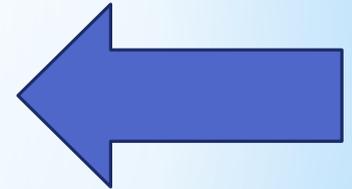
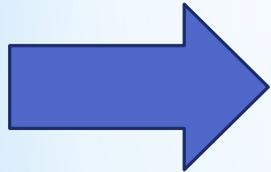
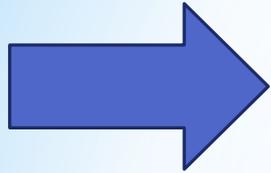

INCREASED
CONFIDENCE

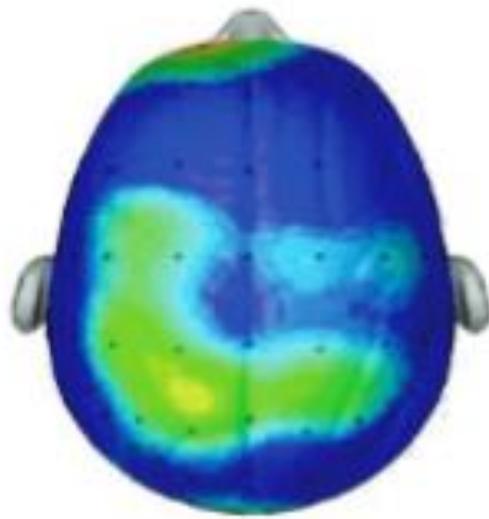

INCREASED
MOOD


REDUCED
ANXIETY

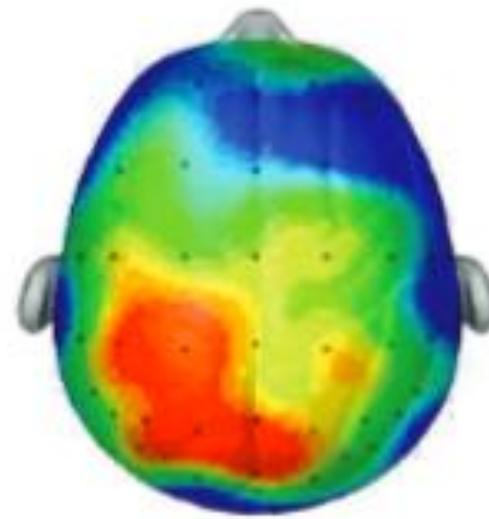

INCREASED SELF
ESTEEM


IMPROVED
SLEEP





After sitting quietly



After 20 minute walk

Red areas are very active; Blue areas are least active

You may think that taking a short period away from your studies would be counter-intuitive, but it is proven to be of significant benefit.

TIPs

- Try and maintain your active pursuits
- Jo Wicks HITT workouts 20mins
- BBC Couch to 5Km (9 weeks)
- Attend school clubs and make use of the fitness facilities
- Have active revision breaks, bursts of 10 minutes of physical activity can increase our mental alertness, energy and positive mood
- Walk to and from your exams

Nutrition, quite literally, powers us to perform.

You must fuel your body and mind in order to perform at your best

Having a good nutritional balance will help increase how alert, attentive and energetic you are.

Tips

- Always eat breakfast
- Try to make sure that your diet has a combination of **protein, fat and carbohydrates** at every meal.
- Try to eat **slow-release carbohydrates**, such as porridge, whole grain bread or pasta
- Avoid regular intake of high sugar and fat foods these destabilise your blood sugar levels
- Snacks are a great way to fuel our bodies continuously throughout the day

Water

We need water to survive and if we don't consume enough our body won't work as effectively, including our brain!

Dehydration can cause our brains to shut down and therefore not work as efficiently. It can also give you headaches and make you well unwell.

Tips

- Get yourself a water bottle, measure how much it holds then try to ensure that you are having at least 2 litres everyday
- Water is the best source of hydration
- Take water into your exams, take regular sips

Support each other
in these last few
weeks

Social health is
very important too!