

Small changes can make a BIG difference...



Below are just some of the stress-busting things that you can build into your life. Try and pick one thing from each category for your Action Plan.

Start planning

- Create a clear space to work in; it will help clear your mind as well!
- Create a revision timetable
- Put a blocker on websites/social media that distract you - just for set periods while you work
- Write a list of realistic tasks/goals for each day and complete one straight away
- Organise your notes into subjects, topics etc
- Create a 'pick me up' playlist for when the going gets tough

Stay positive

- At the end of each day, write down three things that have gone well
- Focus on what you can do not what you can't
- Put an end to negative self-talk such as "I'm useless"; "It's all going to go wrong"; "I'm a failure". Be nice to yourself!
- Try and imagine things going well
- Don't take yourself too seriously. Exams are important, but not worth getting ill over

Get physical

- Eat well: including 5 fruit or vegetables a day
- Drink lots of water - at least 2 litres a day!
- Get some exercise - anything that gets your heart beating a bit faster will lift your mood
- Go to bed an hour earlier
- Have a bath before you go to bed
- Put lavender on your pillow to help you sleep
- Avoid electronic equipment for an hour before bedtime

Connect with others

- Talk to someone close to you about how you are feeling
- Find ways that you and your friends can support each other
- Do something kind for someone else
- Ask teachers for help if you don't understand something (that's what they're there for!)
- Revising doesn't have to be boring. Revise with friends; test each other; make it fun

Time OFF!

- Treat yourself to five/10 minutes of 'me time' after every 45 minutes of study
- Take at least one day off a week to relax. This is important!
- Spend time doing things that you love i.e. hobbies, listening to music, reading, watching a film
- Take five minutes, in a quiet space, to simply BREATHE; in over four counts, hold for four counts, out over four counts

Please share your ideas with us:

