

STAYING HEALTHY ON THE BUILD-UP TO EXAMS

By prioritising these aspects of health during the exam period, you can optimise your physical and mental well-being, ultimately enhancing your academic performance.



BALANCED DIET:

Prioritise nutrient-rich foods such as fruits, vegetables, whole grains, lean proteins, and healthy fats.

Avoid excessive caffeine, sugary snacks, and processed foods which can lead to energy crashes and decreased focus.

Stay hydrated by drinking plenty of water throughout the day.

REGULAR EXERCISE:

Incorporate regular physical activity into your routine to reduce stress and boost concentration.

Aim for at least 30 minutes of moderate exercise most days of the week, such as brisk walking, jogging, yoga, or cycling.

Break up long study sessions with short bursts of physical activity to rejuvenate your mind and body.

ADEQUATE SLEEP:

Prioritise getting 7-9 hours of quality sleep each night to optimise cognitive function and memory retention.

Establish a consistent sleep schedule by going to bed and waking up at the same time every day, even on weekends.

Create a relaxing bedtime routine to signal to your body that it's time to wind down, such as reading or taking a warm bath.

EFFECTIVE REVISION PLAN:

Organize your study materials and create a realistic study schedule that breaks down your revision into manageable tasks.

Utilise active learning techniques such as creating flashcards, LCWC, self-quizzing and Knowledge Dumps.

Take regular breaks during study sessions to prevent burnout and maintain concentration, 25 minutes of focused study followed by a 5-minute break

STRESS MANAGEMENT

Practice stress-reduction techniques such as deep breathing and meditation, to alleviate exam-related anxiety.

Maintain a positive mindset by focusing on your progress and accomplishments rather than dwelling on potential setbacks.

Reach out to friends, family, or a support network for encouragement and emotional support during challenging times.

