

## How to look after your Mental Health during revision and exams

\*Find a balance – use your time wisely and find a balance between revising and spending time doing the things that you enjoy. Constantly revising without a break can make you feel emotionally and physically drained. It's crucial that you take a step back, rest and recharge. It also helps your brain digest what you've just revised, instead of cramming lots of information in all at once.

\*Stay in touch with friends – Regular contact with friends, especially those who are also revising will help. It helps remind you that you are not alone and it's good to let off steam and have a good chat or laugh with your mates.

\*Be organised – Come up with a realistic plan; don't try to cram and do it all in one go. Create a plan including times, subjects and break it down into smaller chunks. Our brain simply can't cope with an overload of information.

\*Where do you revise? – Some people don't like revising in their bedroom, as this is their place to sleep and relax. So, finding a separate place to revise can be helpful such as the library, school, or another room in the house. Your bedroom can then be your relaxation zone.

\*Study dates – Could you set up dates where you study with your friends, to try to help each other.

\*Eat well – A balanced, healthy diet will keep your energy levels even. Lots of sugar and energy drinks will give you a boost, but a slump will follow.

\*Sleep well – Try to avoid revising just before bedtime, as your brain will be activated, and you may find it hard to switch off and relax. Everyone needs different amounts of sleep but try to aim for a good 8-10 hours per night.

For more information and help, check out.... [www.koothplc.com](http://www.koothplc.com) [www.youngminds.org.uk](http://www.youngminds.org.uk)  
[www.nhs.uk/every-mind-matters/mental-wellbeing-tips](http://www.nhs.uk/every-mind-matters/mental-wellbeing-tips)

And of course, your Pastoral team at JCSC

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