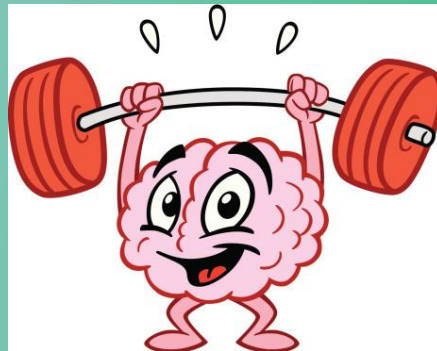


Health and Wellbeing During Exams



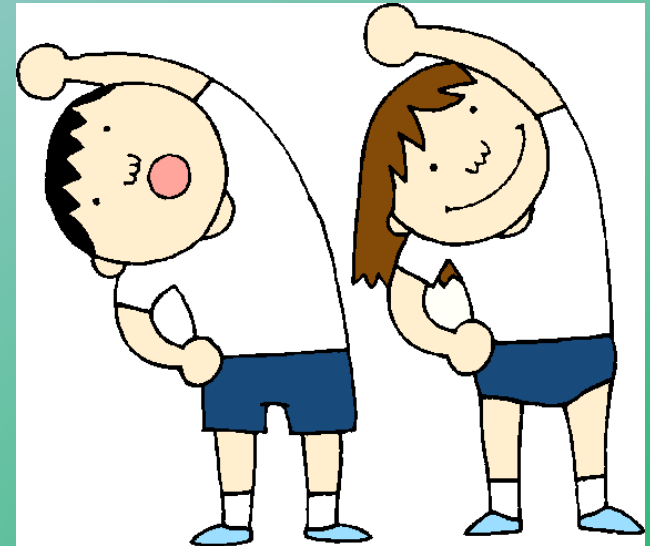
Today's workshop....

- Is designed to help you ensure you look after yourself physically and mentally before and during the exam period.
- You cannot control everything that happens, but you can do certain things to help your brain work as effectively as possible and increase your chances of getting the best results possible.



Exercise: How much?

- The NHS recommends young people do **an hour a day**.
- This can be moderate, such as walking, or more vigorous exercise like running, playing sport or weight lifting.
- Building exercise into your routine will make it easier to accomplish.



Why exercise?

- It increases oxygen to the brain
- Vigorous exercise releases endorphins – these are ‘feel good’ chemicals that create a feeling of happiness
- You will feel better about yourself because you have done something positive
- It gives your brain a break from other work
- Some exercise gives you social opportunities (team sports etc.)
- It can give you time to think and release stress
- It strengthens your body and your mind



Sleep.....

- Teenagers need an average of **9 hours of sleep a night**. Some will need slightly more
- The odd bad night's sleep is fine. However, several nights in a row will cause problems
- Our brains are busy when we sleep; they go over networks we are trying to create or problems we are struggling to solve, flush out 'waste' toxins, process events and move information into our long-term memory



Problems caused by a lack of sleep

- More likely to make bad decisions
- More likely to be depressed or in a bad mood
- Increased appetite, especially for high-sugar and high-carb foods
- Lack of concentration
- Lack of energy to complete tasks



Task: how to get to sleep

- What should your evening routine look like?

Things to avoid in the hour before you want to go to sleep	Good things in the hour before you want to go to sleep



Things to avoid

- Caffeine (coffee, tea, certain soft drinks)
- A big meal
- Exercise
- Bright light
- Loud music
- Screens (TVs, tablets, phones etc.)
- Playing computer games
- Stressful situations
- Things that worry you



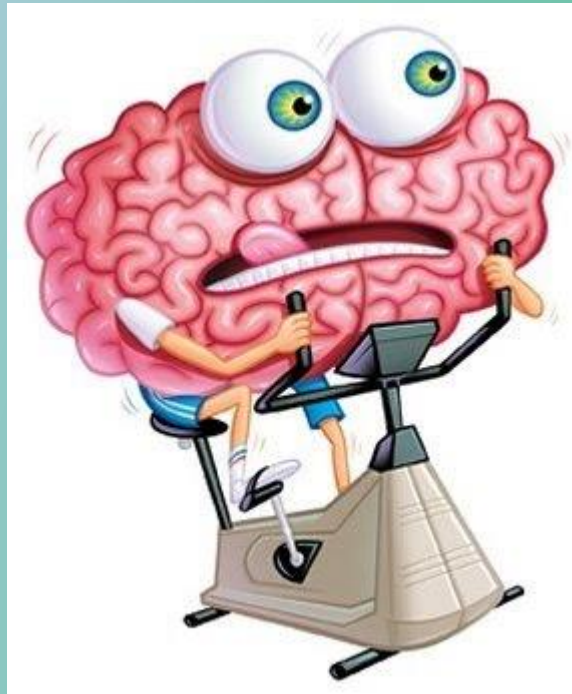
Good things

- Dim lighting
- A light snack or milky drink
- Quiet, relaxing sounds
- A bath or shower
- Reading
- Sort school things out for the next day
- Gentle exercise



Feed your brain

- Despite being only 2% of our weight, our brains use **20% of our daily energy!** So it is important we get enough rest and nutrition to fuel it for each day.



Eating poorly will cause.....

- Your brain to work ineffectively, especially if you aren't eating enough
- Eating the wrong things will cause your energy levels to rise and then plummet fast. This could make you feel unwell and make it harder to remember information
- You will find it difficult to concentrate in lessons and complete tasks



Task

Come up with some breakfast, lunch and snack ideas using the right kind of foods.



Lunch ideas

- Jacket potato with cheese, tuna or beans
- Chicken curry with brown rice
- Fish and chips with peas (but not too often!)
- Falafel and hummus with a salad
- Vegetable soup and wholegrain bread
- Tuna pasta salad



Breakfast ideas

- Porridge
- Cereal (but not sugary processed ones)
- Eggs on toast
- Beans on toast
- Yoghurt with fruit
- A fruit smoothie (home-made)



Snack ideas

- Trail mix (nuts and dried fruits)
- Oatcakes
- Carrots and hummus
- Yoghurt with fruit
- A tuna sandwich
- Flapjack or banana bread
- Smoothie



A bit about stress

- Remember that stress is not a bad thing but the body's natural response to a threat or challenge.
- When stressed, our bodies produce chemicals that help us focus on what needs to be done.
- However, stress can make us feel uncomfortable (nervous, tense, jittery etc.)
- Stress only becomes a problem when it becomes constant or so powerful that we begin to panic.



Be kind to yourself!

Your wellbeing is vitally important.

So stay healthy and good luck with your exams!

