



Exercise

Walking for 20 minutes most days will keep your energy levels up and help to release your body's natural 'feel good' chemicals that improve your mood.



Don't skip meals

Eat nutritious food regularly to maintain energy and motivation. Often comfort foods are highly processed and high in sugar – leaving you feeling lethargic or flat.



Drink water

Stay hydrated and drink plenty of water. Approximately 6-8 cups of water per day is recommended.



Study breaks

Be sure to take regular study breaks. Go outside and enjoy the fresh air and sunshine. The sun can be a good source of Vitamin D, which is responsible for energy levels, health and development.



Develop a study routine

Set yourself a study routine each day so that you prevent the need to cram right before your exam.



Mindfulness & Sleep

Practice mindfulness before bed each night. This can help to encourage a restful nights sleep. Sleep allows our brain to recharge and the body to rest.



Communication

Communicate with your family or friends about what it is you are finding stressful. It is important to find someone you can talk openly with. Speak to your doctor if you feel you need further help or guidance in the lead up to exams.



03 9363 0954

228-232 Caroline Springs Blvd
Caroline Springs VIC 3023

activemedicalcentre.com.au

