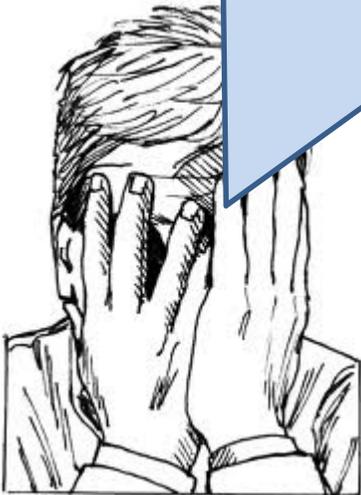


In a recent survey of 1,300 students 96% claimed to be anxious about their exams for the following reasons:

- 63%** Not getting to college
- 62%** Fears about sitting the exams
- 59%** Pressure from parents
- 56%** Not doing as well as friends
- 53%** Not getting a job after



SYMPTOMS...



Cognitive Symptoms

- Memory problems
- Inability to concentrate
- Poor judgment
- Seeing only the negative
- Anxious or racing thoughts
- Constant worrying

Cognitive Symptoms

- Moodiness
- Irritability or short temper
- Agitation, inability to relax
- Feeling overwhelmed
- Sense of loneliness and isolation
- Depression or general unhappiness

Physical Symptoms

- Aches and pains
- Diarrhea or constipation
- Nausea, dizziness
- Chest pain, rapid heart beat
- Loss of sex drive
- Frequent cold

Cognitive Symptoms

- Eating more or less
- Sleeping too much or too little
- Isolating yourself from others
- Procrastinating or neglecting
- Using alcohol, cigarette or drugs to relax
- Nervous habits

Talk to friends

Talk to family

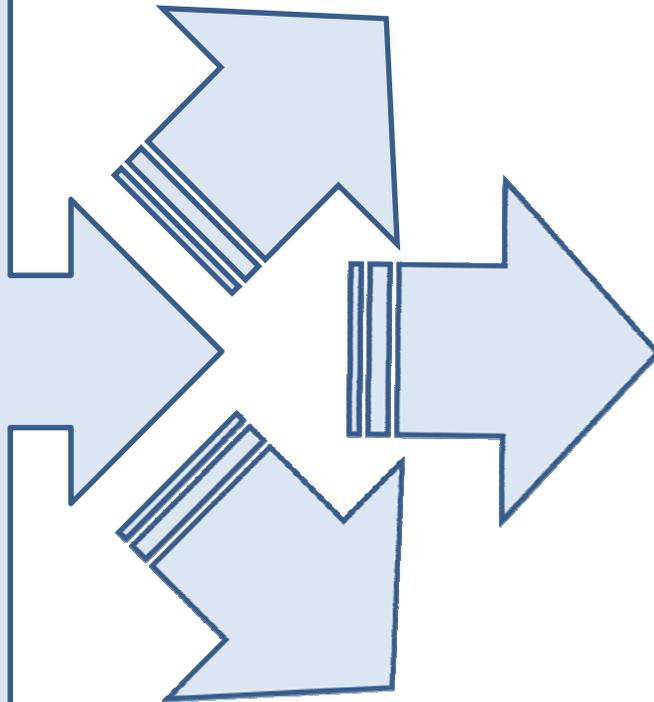
HELP

Exercise

Talk to teacher



It is totally normal to feel **stressed** about exams and there are simple effective ways to reduce **stress** and achieve success



Sleep

Hydration

Healthy Diet

Exercise

Positive thinking

Welcome to your preview of The Times

Bedtime rules: Why your child needs more sleep



Professor Tanya Byron is a 'sleep expert'.

"Children aged 14+ need 8.5 to 9.5 hours per night"

"...unplug the internet router..."

"Because of enormous changes to their bodies, teenagers need as much sleep as 11 and 12 year olds"

Sleep deprivation damages the immune system, stunts cognitive development, harms memory and attention and causes obesity

"Sleep deprived adolescents are 3 times more likely to develop anxiety and depression"

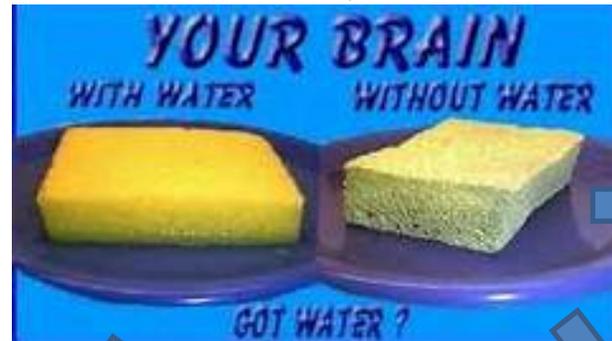
"Exposure to screens delays the production of melatonin, the sleep inducing hormone"

Sleep

Hydration

Mental performance can fall by 10% when students are thirsty and it will also add to tiredness, headaches and irritability

A drop of as little as 1 to 2% of fluid levels can result in slower processing speeds, impaired short-term memory, hampered visual tracking and deficits in attention.



With proper hydration, neurons work best and are capable of reacting faster.

The slightest dehydration can cause a lapse in our mental functions. Drink six to eight glasses of water everyday. It keeps the body and the brain cool and energized.

Your brain is made up of 60% water and many of us may not be drinking enough of the clear wet stuff to keep our thinking "juicy."

Healthy Diet

The human brain uses 20-30% of the body's energy intake when resting, making it by far the greediest organ in the human body. Without adequate nutrition from food, the brain loses full control, leaving it hard for us to think straight let alone get anything done.

Skipping breakfast has recently been linked by science to reduce school and work performance.

Eat plenty of citrus fruits, strawberries, tomatoes and broccoli. Also nuts, seeds and wheat germ, spinach, carrots, fish, eggs and soybeans. Eat to be smarter!



Breakfast replenishes the brain with energy and nutrients it missed during sleep. Without it, the brain must use stress hormones to source energy from its own stores, leaving you feeling tired, irritable, and less likely to remember things throughout the day.

Eating an adequate amount of carbohydrates enhances your brain's memory and learning capability. They usher amino acids into the brain increasing neurotransmitter performance levels as they do.

Exercise

Physical exercise is good for the body but not enough people are aware of the benefits to the brain. Exercise prevents cognitive decline

Movement and exercise increase breathing and heart rate so that more blood flows to the brain, enhancing energy production and waste removal

Tests prove that exercise aids the higher mental processes of memory helping planning, organisation and the ability to multi-task.



Physical exercise increases blood circulation and the oxygen and glucose that reach your brain. Walking is good brain exercise, it is not strenuous enough for your leg muscles to take up extra oxygen and glucose.

The exercise doesn't have to be strenuous. Wiggling, scrunching and stretching your toes first thing in the morning activates nerves that stimulate your brain and internal organs, helping you to become alert more quickly.

Positive thinking

Use positive words while thinking and talking– 'I can', 'I am able', 'It can be done'

Replace negative thoughts with happy ones

Before any action visualise success. Mix with people who think positively.

Sit and walk with your back straight. This will strengthen your confidence and inner strength

Walk, swim or engage in some other physical activity.

Read at least one page of an inspiring book each day.

