

Health and Wellbeing Tips



Sleep

- 8-10 hours a night optimal for teenagers.
- Sleeping well increases attention span, memory, concentration and alertness.
- Set and maintain a sleep routine.
- No screens in the bedroom!



Exercise

Regular
Exercise

=

Improved
Brain Health

=

Improved Academic
Performance

- Improves memory & decision making.
- Increases energy levels and releases “feel good hormones”.

Health and Wellbeing Tips



Sleep

- “Feed the brain” – vitamins and minerals are vital for healthy brain function.
- Aim for 5 fruit/veg a day.
- 3 balanced meals a day prevents hunger.
- Fizzy drinks = decreased brain function.
- Processed/unhealthy foods = low energy/poor concentration.
- Stay hydrated – aim for 2 litres of water a day.

HANGRY

(noun)

A state of anger caused by a lack of food. May evoke negative change in emotional state.



Plan

- Schedule breaks in revision for phone time and, more importantly, time to socialise!