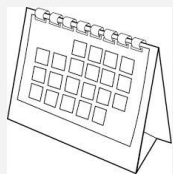


# TOP TIPS FOR GOOD WELLBEING THIS ACADEMIC YEAR

*Being 14-18 is a tough age to be, with all sorts of strains from school stresses, body changes, friendships and the list goes on! So it is SO important to prioritise your wellbeing and so us at the senior wellbeing team have put together some top tips to do so...*

**CREATE A GOAL.** Aim to have a set amount of revision done at a set time or a certain number of topics revised within a week. Whatever it may be, aim for something. This way you will feel like you have achieved something at the end of it.



**CREATE AND FOLLOW A REALISTIC SCHEDULE.**

20 minutes a day, a few subjects a week. However it works for you, take manageable chunks and be consistent. This way you will keep on top of all your revision and it will build up over time, reducing stress by the time exams come round.

**STAY ORGANISED.** Don't let your work pile up! Completing tasks when they are set means you have less to worry about in the grand scheme of things! Allowing your work to accumulate leads to stress you are better off without.



*However, it is not just always school school school.*



**TAKE SOME TIME FOR YOURSELF.** Sit down. Unwind. Watch your favourite film. Just take a break to relax from time to time. You need it.

**REMEMBER YOUR WORTH.** Exams, GCSEs, A-Levels are scary words, especially in a post COVID world but remember how well you are doing and how much you have achieved so far! You should be proud.



**TALK.** A friend, a teacher, a parent, even a pet; anyone. Laugh, cry, let off some steam, whatever it is, don't keep it to yourself.

**SLEEP.** A consistent sleep pattern of minimum 8 hours a night is beneficial for your physical health let alone your mental health. Get some rest.

