

Your Body & Brain in Action



Five Ingredients of a Healthy Lifestyle

Try to maintain a healthy lifestyle. Overall resilience depends on your physical and mental health, which can be strengthened by:

1. Healthy Diet
2. Physical Exercise
3. Relaxation/Rest
4. Social Support
5. Laughter/Fun



A balanced diet is vital for your health, and can help you to feel well during exam periods. Exercise can help boost energy levels, clear the mind and relieve stress. Good sleep will improve thinking and concentration. Anxiety increases when you feel tired, run down and overwhelmed.

Study Resources:



www.studynotes.ie
www.studyclix.ie
www.eircom.net/studyhub

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& Kildare Wicklow Education Training Board



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Sound Advice

Study and Exam Tips



Stress

Short for Distress!

Stress is not in our environment, it is what we perceive in our mind. Good stress is like petrol in the car, but flood the engine and the car STOPS. Flood the body with **STRESS** and the body STOPS. Too much stress becomes distress. When a person is pushed beyond comfortable limits that person may become **DISTRESSED**.

TYPICAL STRESSES IN ADOLESCENCE

- Biological and physical changes.
- Changes in the ability to think.
- Moving from dependency on parents to independence.
- Career choices, subjects and relationships.
- Developing a firm sense of who you are.



BEHAVIOUR CHANGES THAT SIGNAL STRESS

- Difficulty in concentrating.
- Feeling constantly tired.
- Loss of interest in leisure activities.
- Withdrawal from family/friends.
- Increased use/abuse of drugs, ie coffee/tea, alcohol, smoking.
- Headaches, stomach discomfort, muscle tension.
- Sleep problems.
- Irritability.
- Overindulgence - food, t.v.
- Irritability.
- Loss of a sense of humour.
- Mounting pessimism.
- Feelings of self-doubt.

When Under Stress

Build up your ability to cope with stress and become the master of stress and not its victim. The goal is to learn how to manage the stress.

- Begin with educating yourself.
- Remember: "Knowledge is power!"
- The ability to control a matter lies in understanding it.

Identify clearly the source of your stress and develop coping strategies:

- Ask yourself what can you do to help yourself?
- Who do you need to talk to for support and guidance?

5 Easy Ways to Address Stress

1. Take deep breaths.
2. Take a walk; escape from your environment.
3. Say no to what you don't have time for or what isn't interesting.
4. Simplify things whenever possible. Relax your demands on yourself a bit.
5. Let yourself laugh, especially when you feel grumpy.



Studying

The ability to study effectively is like any other skill, it has to be learned. For most people studying will always be tough however effective study techniques will make it more productive.

Planning and Organising is the Key

- Work out how much time you have for studying.**
 - Remember to include time for leisure, other commitments and physical activity.
- Make out a timetable for the entire week.**
 - Length of study block = length of class.
 - Fill out the topics to be studied and other activities e.g. leisure time.
 - Try to study a topic as close as possible to the time that topic is covered in class.
 - Find out when you study best and use that time for the more difficult topics.
 - Carry the timetable around with you and refer to it often.
 - Review your timetable at the end of each week and modify it as needed.
- Where to study - creating the right atmosphere**
 - Find a quiet comfortable place where you will not be disturbed.
- The study block**
 - 5 minutes going over what you did last on that subject.
 - Take regular breaks.
 - Last 5 minutes recalling what you have covered and checking its accuracy.
 - Build up concentration.
 - Finish on a high point.

Revising for Exams

- ✓ The key to success is good studying techniques throughout the year.
- ✓ Make revision part of your study routine.
- ✓ Make up an extra revision timetable.
- ✓ For subjects like maths revise by practicing answering exam questions from old papers/textbooks.
- ✓ For subjects like history prepare outlines on general topics, then make summaries.



SQ 3R

- S SURVEY** the chapter or notes to get a general idea of the contents.
- Q QUESTION:** What do I hope to get from this chapter/these notes?
- R READ** the chapter/notes.
- R RECALL** the main points.
- R REVIEW:** Fill in the gaps in your recall.
 - Group revision.
 - Mock Exams.
 - Practice under exam conditions.

