

Having Healthy Habits

- **Getting enough sleep** (from www.gosh.nhs.uk/)
 - 9 to 12 hours in 24 hours for ages 6 – 12
 - 8 to 10 hours in 24 hours for ages 13 – 18
 - Have a calm and safe sleep environment with no distractions
 - Avoid having a big meal just before bed
 - Avoid drinks containing caffeine after lunchtime (tea, coffee, fizzy drinks energy drinks).
 - Not getting enough exercise during the day can prevent sleep.
 - Try to avoid using electronic devices a few hours before sleep.
- **Diet**
 - A healthy balanced diet can help a student feel at their best. e.g. Aim for 4 fruit or vegetables a day; watch sugar, salt and saturated fat intake
 - Drink enough during the day: 6 –8 cups a day
- **Exercise** (from www.gosh.nhs.uk/)
 - 30 – 60 minutes a day

Study Space

- Keep it clean
- Keep it organised
- Separate this area from anything else
- Ensure it contains necessary equipment: full pencil case, flash cards, highlighters, paper
- Nothing fun in the area (distracting)

Support – It doesn't matter how small you think a problem is: speak to someone!

- Home: Parent or carers, sibling
- Your peers including friends.
- At school:
 - Subject teachers
 - Tutors
 - Head of Year and SSL's
- Useful websites:
 - www.nspcc.org.uk
 - www.childline.org.uk
 - www.youngminds.org.uk
 - www.nhs.uk/mental-health/children-and-young-adults/mental-healthsupport/mental-health-charities/

The FOUR Pillars of Well Being

Prioritise YOU

- Find a balance between study and fun – do not let one stop the other.
- Fun depends on YOU: sports, arts and crafts; spending time with friend/s; hobbies; watching films
- Plan in breaks as well as the study or revision.