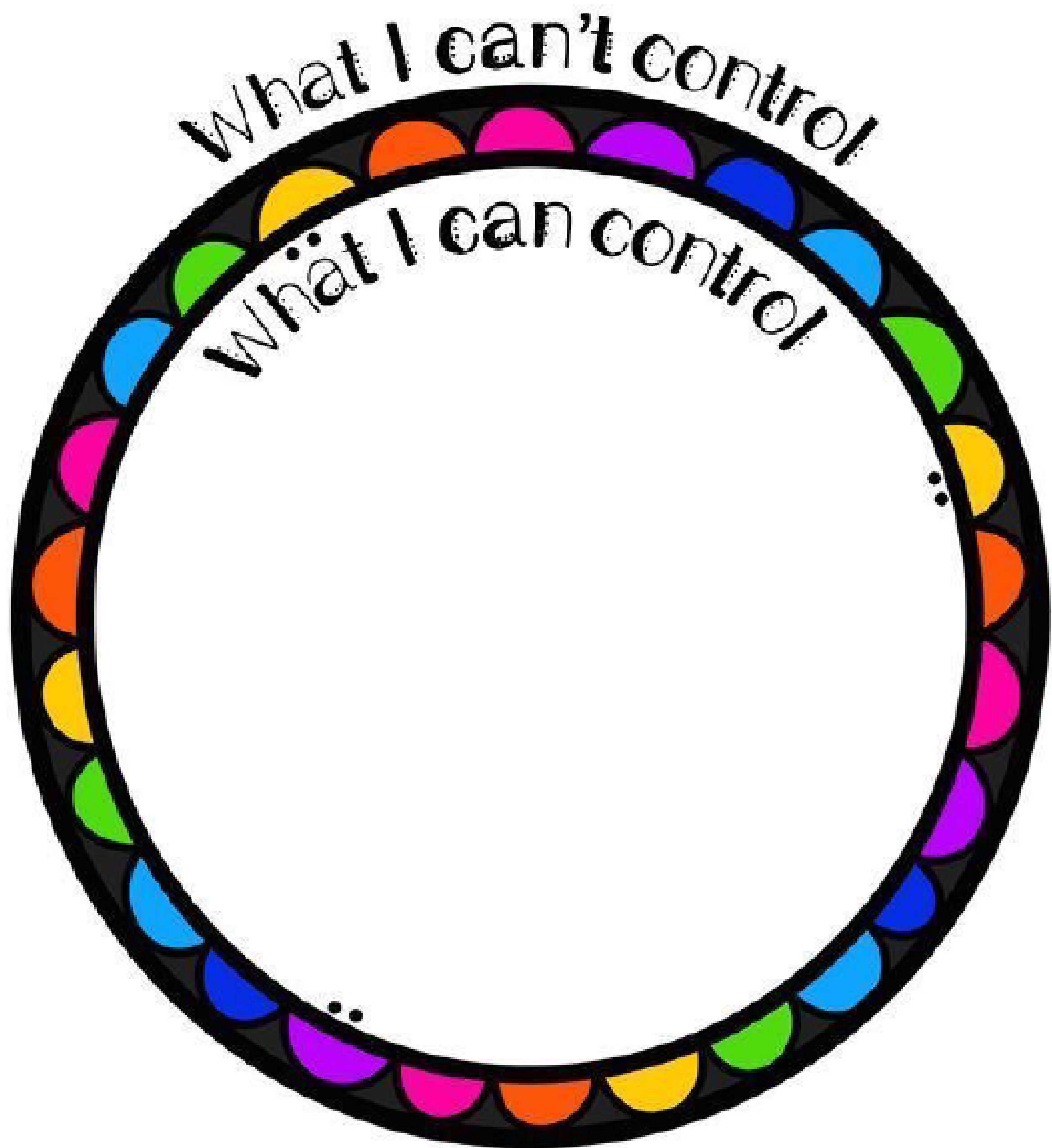


MANAGING STRESS

Think about what's stressing you out and what do you have control over.

Circle of Control



MANAGE YOUR TIME

Weekly Planner

Week of: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 a.m.							
8:30 a.m.							
9:00 a.m.							
9:30 a.m.							
10:00 a.m.							
10:30 a.m.							
11:00 a.m.							
11:30 a.m.							
12:00 noon							
12:30 p.m.							
1:00 p.m.							
1:30 p.m.							
2:00 p.m.							
2:30 p.m.							
3:00 p.m.							
3:30 p.m.							
4:00 p.m.							
4:30 p.m.							
5:00 p.m.							
5:30 p.m.							
6:00 p.m.							
6:30 p.m.							
7:00 p.m.							
7:30 p.m.							
8:00 p.m.							
8:30 p.m.							
9:00 p.m.							
9:30 p.m.							
10:00 p.m.							
10:30 p.m.							
11:00 p.m.							
11:30 p.m.							
12:00 midnight							
12:30							

REVISION TIPS

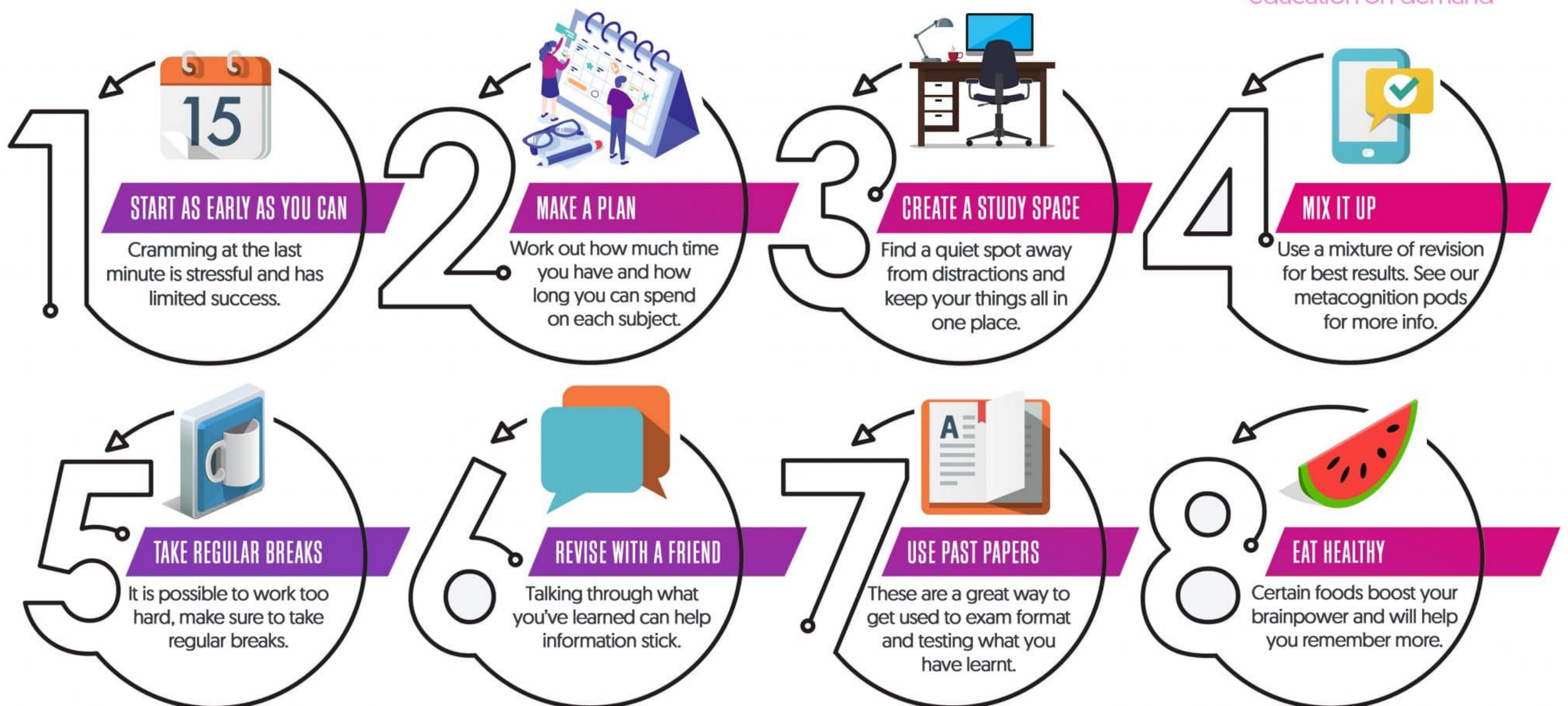


TOP REVISION TIPS

Don't let the stress of revision overwhelm you. Stay in control with these top tips.



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THE POMODORO TECHNIQUE®

A SIMPLE METHOD TO BALANCE FOCUS WITH DELIBERATE BREAKS



1 PLAN YOUR TASKS
How many pomodoros might you need?

2 DO 1 POMODORO
Time for 25 mins then take a 5 min break

NO SNEAKY WORKING!

PROTECT YOUR POMODORO!

FOCUSED WORK
25 MINS

BREAK
5 MINS



3 REPEAT x 4 POMODOROS
Then take a longer break



LONG
BREAK

TAKING CARE OF YOURSELF

Taking care of my body

How I take care of my body...	What can I do more of...

Connect with others

Who I connect with and how...	What can I do more of...

Doing things I enjoy

Things I like doing/liked doing...	What can I do more of...

10 TIPS TO SLEEP BETTER



SLEEP SCHEDULE

Go to bed and wake up at the **same time** everyday (even on the weekend). **Avoid long naps** during the day.



AVOID BIG MEALS

Don't eat large/spicy meals **before sleep**. A small snack that contains '**Tryptophan**' may help, such as banana, nuts, oats or milk.



TURN DEVICES OFF

You don't want any noises distracting you or waking you up. If you use your phone as an alarm, make sure it's in '**do not disturb**' mode.



RELAXING ROUTINE

Make sure to do something relaxing **before bed** such as a bath/shower, read, meditate, art, puzzles or relaxation techniques.



AVOID CAFFEINE

Avoid consuming caffeine or stimulant food **in the evening**. This includes soft drinks, tea, energy drinks, coffee, chocolate...



AVOID SCREENS

The production of '**melatonin**' (the hormone that helps initiate sleep), can be delayed by light from interactive electrical gadgets.



DAYLIGHT & EXERCISE

Exposing yourself to daylight every day helps to reset your '**circadian biological clock**' (sleep-wake cycle). In addition, exercising during the day will promote **good night's sleep**.



NOT FEELING SLEEPY?

If you are not asleep after half an hour, go to a different room and do something **quiet and relaxing** until you feel sleepy.



'COMFY' BEDROOM

Make sure your bedroom is **dark, quiet and cool** and that your mattress and pillow are comfortable enough. Use your bed for sleeping, **don't** play games or do homework on it.



BRAIN DUMP

If you have too many thoughts and worries preventing you from sleep, write them all down and tell yourself that you will worry about it tomorrow.

CALMING TECHNIQUES

When we are overwhelmed by thoughts and feelings our body reacts to it by activating our stress response:

By calming our body we can overcome those unpleasant feelings and focus on problem-solve and do what is important to us.

Breathing

Breath control is a natural tranquilizer as it helps slow down our heart rate.

Place one hand on your belly and the other on your chest. When you breath, your belly should expand, your chest should remain still.

BOX BREATHING

Inhale...2...3...4
Hold...2...3...4
Exhale...2...3...4

4:7:8 BREATHING

Inhale...2...3...4
Hold...2...3...4...5...6...7
Exhale...2...3...4...5...6...7...8

Grounding

Grounding brings you back to the present, allowing your mind to calm and focus on what it is important for you.

Use these exercises to help you ground in the present moment.

5 Things that you can see
4 Things that you can hear
3 Things that you can feel
2 Things that you can smell
1 Things that you can taste

ROOM SEARCH

Find everything in the room that fits one category. For example:

Find everything that's green
Find all of the squares in the room
Count the books in the room

Relaxation

By relaxing our body we can release the accumulated tension in our muscles.

One way to do this is to tense and relax all the muscles in your body one by one:

TENSE FOR 5 SECONDS → **PAUSE FOR 10 SECONDS**

1. Raise your eyebrows
2. Clench your eyelids
3. Open your mouth wide
4. Raise your shoulders
5. Take a deep breath
6. Clench your fists
7. Pull in your tummy
8. Tighten your buttocks
9. Pull your toes upwards
10. Curl your toes

Created by Zara Arribas-Lopez

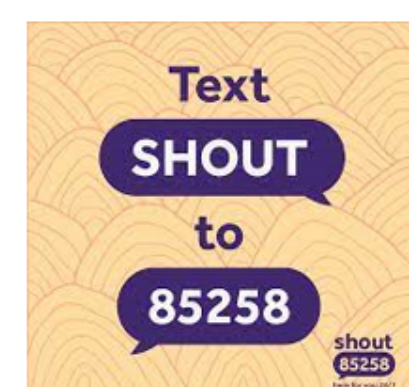
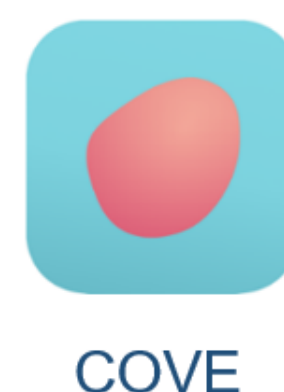
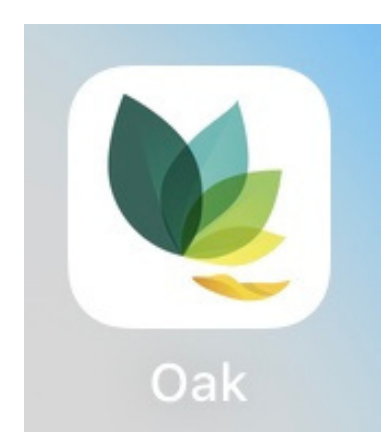
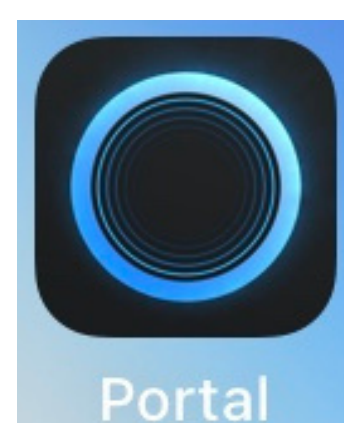
WEBSITES & APPS



WWW.HEALTHFORTEENS.CO.UK/



WWW.YOUNGMINDS.ORG.UK



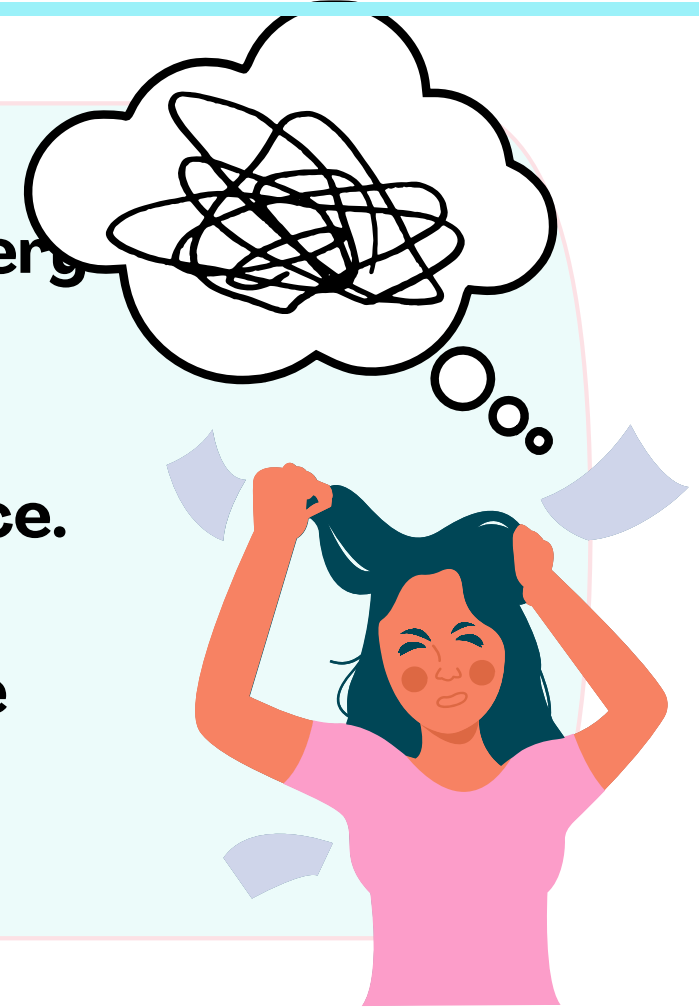
Apps were free to download at the time of publishing. Some apps might contain in-app purchases

UNHELPFUL THOUGHTS

We all have lots of thoughts that go through our mind every day, between 70,000 to 100,000!!

They come when they want to, without giving you a choice.

Unhelpful thoughts can make us believe that things are worse than they are and that we are not able to cope



Unhelpful thinking styles Which one sound familiar?

mind reading



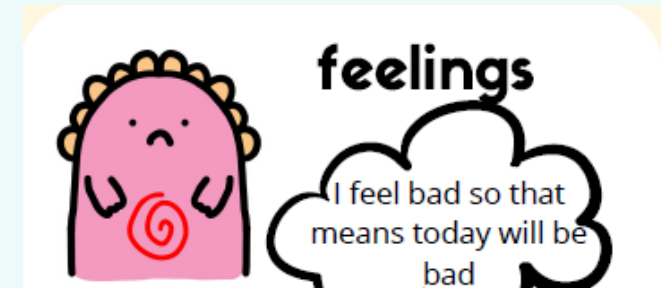
I assume I know what other people are thinking and this is usually negative things about me.

black&white thoughts



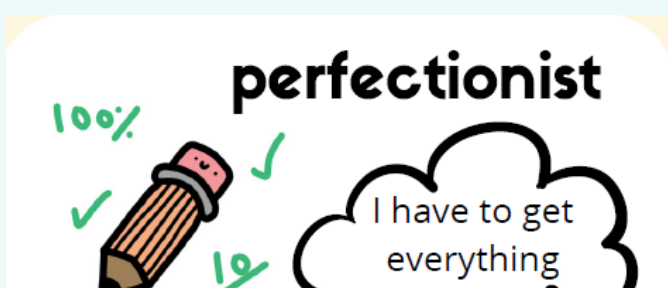
I usually think things are either really good or really bad with nothing in between.

feelings



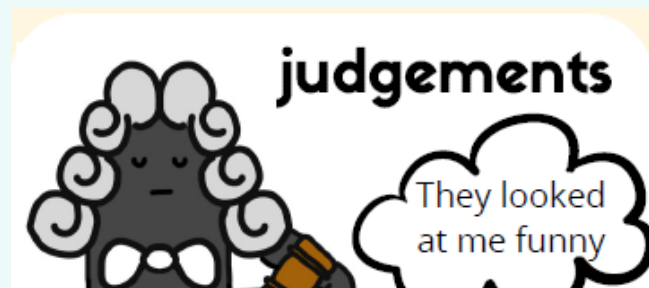
If I notice negative feelings in myself or by body, I automatically think that it means something bad is happening.

perfectionist



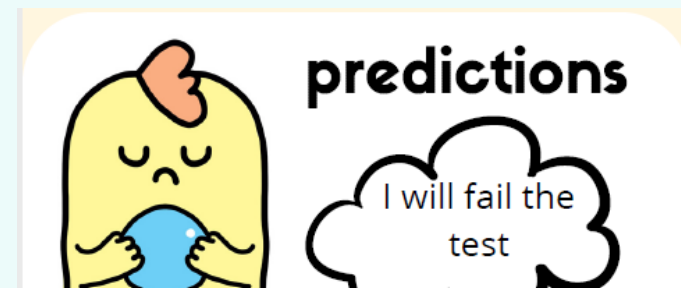
I put a lot of pressure on myself to do well and set unrealistically high expectations for myself.

judgements



I make judgements about things even though there is no evidence or facts to back this up.

predictions



I make negative predictions about what might happen in the future even though I have no way of knowing this.

catastrophising



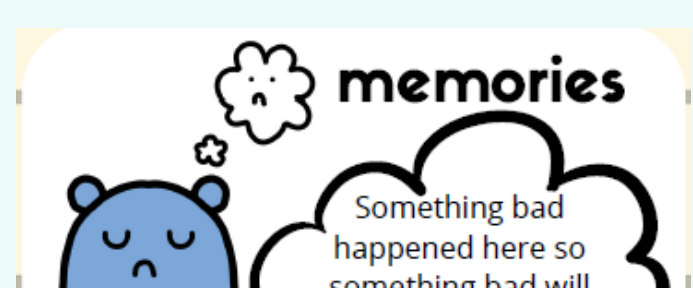
I always think that the worst thing or that something really bad is going to happen.

self critical



I am very critical of my own abilities and about myself.

memories



Some things trigger my negative memories which makes me think something bad will happen again now.

TEST YOUR THOUGHTS

WE DON'T HAVE TO
BELIEVE EVERYTHING
THAT WE THINK



- Is there any other way to see it?
- Am I looking at the whole picture?
- What will I tell a friend that is having the same thoughts?
- If I wasn't stressed, would I think the same?
- What would be a more helpful thing to tell myself?