

5 Ways of Self-Care during the Examination period

“Self-care is the little things we do to look after our own mental health”

Know your worth!

You are worthy, you are enough and you got this!

Try to remember that your worth is not measured by the amount of work you do or some marks on a piece of paper. **Be kind to yourself and proud of yourself, you’re doing the best you can.**

Better Sleep = Better Grades. Seriously!

- You need to sleep to process all that you’ve learned.
- Students who sleep better enjoy better grades, better memory, better mood, and better health.
- Better sleep is associated with improved academic performance.
- To enjoy the maximum benefits of a good sleep, you should sleep well for at least a week leading up to your exam.

Stay hydrated and the nutritious and delicious

It’s a fact: the better you eat, the better you’ll feel. We know it’s hard but try not to rely on chocolate or coffee to fuel you during the exam period, especially late in the day!

Here are some suggestions to cure the cravings:

- Dark chocolate and cocoa products. Dark chocolate and cocoa products are loaded with flavonoid compounds. Consuming cocoa products may help increase blood flow to your brain and improve your memory!
- Berries, berries and more berries. Berries are rich in a variety of compounds that may help improve academic performance and protect the well-being of your brain. Berries, such as blueberries, strawberries, and blackberries, are especially high in flavonoid compounds called anthocyanins.
- Nuts! Nuts are nutrient-dense and contain vitamins and minerals essential to brain health. Almonds are the ultimate crunchy treat. They’re rich in heart-healthy fats, very nutritious, and require no preparation.
- Drink water! Drinking water improves memory, attention, decision making and your mood!

You can also enjoy:

- Protein bars
- Apple slices and peanut butter
- Hummus and veggie slices

Be active, be mindful and give you brain a break

A healthy body goes hand in hand with a healthy mind. Physical activity is linked to the improvement and strengthening of brain functions, as well as mental mood. It doesn’t have to be

complicated; go for a quick run or take a walk around campus. Mindful meditation and practices can inspire you to concentrate on your senses and breathing, clear some headspace to think and regulate your emotions. You can find our guided practice series on our website.

Be connected

One of the best ways to recharge is by spending time with the people you care about most. Take the opportunity to get away from your desk and catch-up with a friend, roommate, or a family member. Chances are that you're not the only one stressing or in need of a break. Grab a coffee or meet up over your lunch break; use the time to boost your energy and maybe even ask for a piece of advice.