



# Understanding the importance of wellbeing during exams



# Self assessment

Consider your answers to the below:

1. How many hours of sleep do you get a night?
2. Do you often feel refreshed or still tired during the school day?
3. How many hours of exercise do you do a week?
4. How do you feel after exercise?
5. How many pieces of fruit or vegetables do you eat per day/per week?



# Exam Wellbeing

During this examination season, you may encounter one of the most stressful/ emotional times that you have faced during your school life with specific regards to your education.

As well as revising the information we need in order to pass our exams, it is also important to ensure we focus on our own wellbeing. If we don't, we risk burning out.



# Sleep

Sleep is important. The average 16 year old requires between 8 and 10 hours of good, quality sleep per night.

Studies have shown that on average on about 15% of teenagers get this amount.

Sleep helps us to refresh both our minds and our bodies. It also has a direct impact on reducing stress levels and blood sugars.



# Top tips

## Tips for a good night's sleep:

- Switch off all devices at least half an hour before bed.
- If you need to use your phone – ensure that the blue screen is disabled. Blue screen emulates daylight and tricks our bodies into thinking we are awake.
- Reading – not only does this help improve your literacy but it also helps to relax the mind before sleep. Twenty minutes per night will have a clear impact on both!
- Avoid caffeine as this is a stimulus.
- No sugary drinks/sweets three hours before bed.
- Avoid eating tea after 8pm. This will give your body enough time to digest food before preparing for sleep.



# Food for fuel

Ever heard the saying “You are what you eat,” well our bodies are like machines – the better they are fuelled, the better they perform.

There are lots of types of foods we can introduce into our diet to ensure our minds and bodies are healthy.

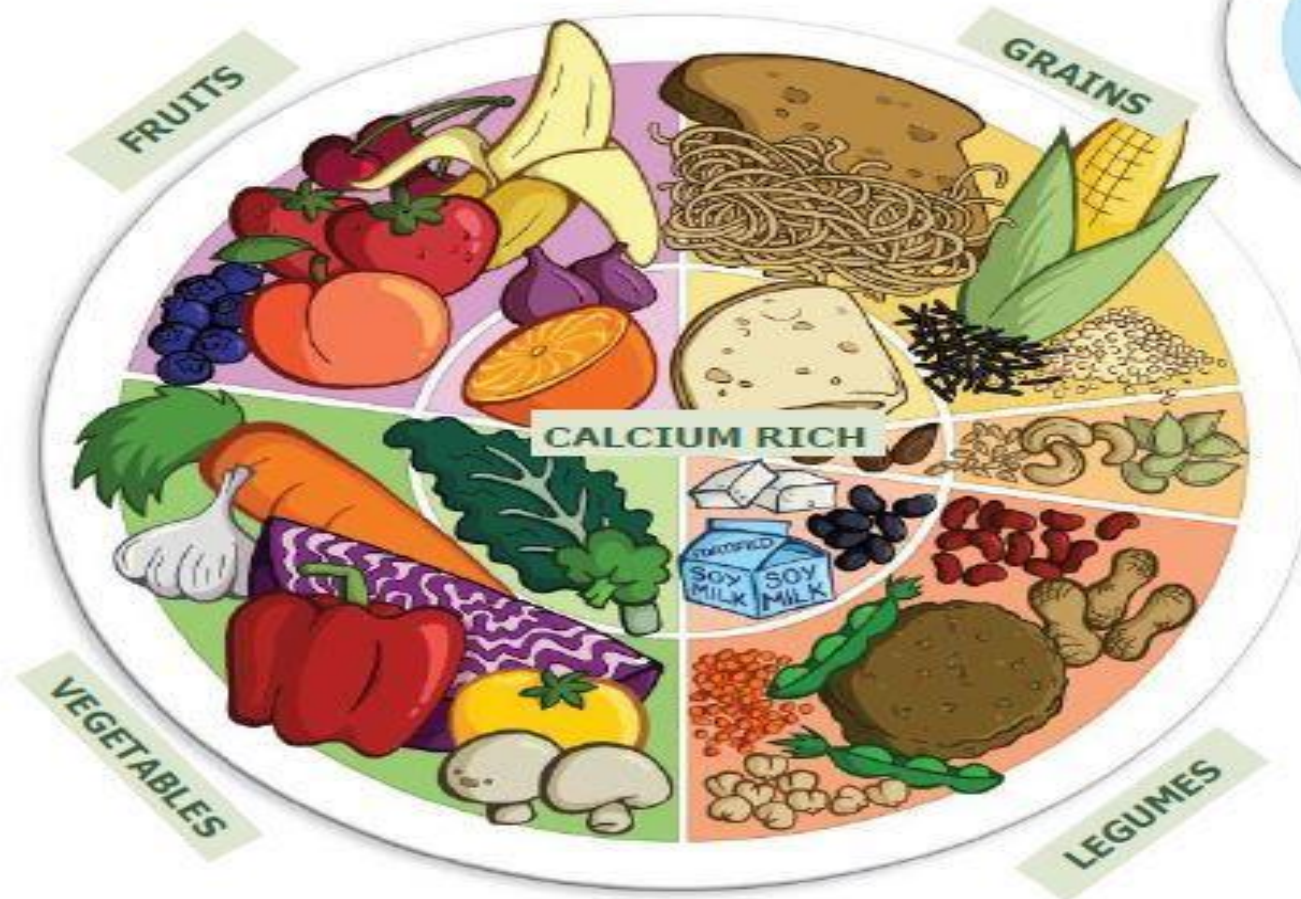
# The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Public Health England in association with the Welsh Government, the Scottish Government and the Food Standards Agency in Northern Ireland

## The Vegan Plate



OTHER ESSENTIALS

NUTS & SEEDS





# Eating well for exams

- [What to Eat whilst Revising for GCSE's A-Levels & Uni Exams – YouTube](#)
- [What to Eat on the Day of EXAMS - YouTube](#)



# Exercise

- Increasing your movement, particularly during stressful times, can have some fantastic benefits on both your physical and your mental health.
- Exercise releases endorphins which boosts your mood. It is also a fantastic stress relief – high intensity exercise can help to shift any stress you are feeling both mentally and physically.
- Alternatively, just going for a walk and getting fresh air can help to refocus your mind and refresh you.

## Tips for exercise during exams:

- Take a half an hour walk with a friend in between revision sessions.
- Try a HIIT workout from youtube.
- Walk instead of taking public transport/driving when possible and safe.



# Exercise

Children and young people aged 5 to 18 should:

- aim for an average of at least 60 minutes of moderate or vigorous intensity physical activity a day across the week
- take part in a variety of types and intensities of physical activity across the week to develop movement skills, muscles and bones
- reduce the time spent sitting or lying down and break up long periods of not moving with some activity. Aim to spread activity throughout the day

(Physical activity guidelines for children and young people - NHS ([www.nhs.uk](http://www.nhs.uk)))



# Reflection

Consider your answers now based on your learning:

1. How many hours of sleep should you get every night?
2. What ways can you help yourself to feel refreshed during the day?
3. How many hours of exercise should you do per week?
4. How might you feel after exercise based on your understanding of the science?
5. How many pieces of fruit or vegetables should you eat per day?