

# Navigating Exams

We understand how big and scary exams feel because we are at the same stage you are. We can't do anything to change that but to make sure you are feeling your best when going into the exams it is important to look after your mind and body. This resource will guide you in the right direction to do just that.



This easy to understand guide on making it through exams was created for you by us. We are **Emily, Esther, Evan, Hiba, Joe,** and **Nilab**, six students who are either currently preparing for exams or have just taken exams.



# How can I remain Zen?

## Go for a walk

Sounds too simple to help but it does. Pop your headphones on and enjoy the scenery. Before you say I'm crazy it really does help, as you can only focus on one thing at a time.

Find more advice from me in the [Hobbies & Physical Activity](#) section.



## Talk to someone

This also sounds too simple but having a chat with someone who is in the same boat is quite comforting as you know you are not the only one who feels this way.

I've got more top tips for you in the [Social Life](#) section.



## Get a good night of sleep

Try to make sure your sleep pattern is consistent.

Visit the [Sleep](#) section to find out about the impact it can have on your exam success.



## Try to avoid comfort eating

This is a common coping mechanism that is often overlooked but it is damaging.

Learn more about the effects of food in the [Healthy Eating](#) section.



## Focus on where you went wrong

Beating yourself up seems like the only thing to do but it doesn't increase your results, so a better thing to do is go over your weakest points so you are more confident next time. Use your time wisely by planning your next steps and focusing on what you can do to improve.

## Take a break!

It's difficult to allow yourself that break, but for your brain to work best, it sometimes needs to switch off.

Want more help with this? Make sure you visit the [Time Management](#) section.



Don't worry in advance about things not going so well... give yourself some credit, focus on the things you can control, be confident that you are doing the best you can and will have no regrets - that's what matters.

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We all get exam stress but some of us handle it better than others. We want there to be a simple answer, but to really manage stress and anxiety around exams, we have to look at all aspects of our lives. 'What's the trick?' you may ask. 'How are these students so calm?' Well, now you are here to learn, here are some top tips from me and your peers.



4 How can I find time to do it all?

8 Does a social life matter?

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6 Good food, good grades?

10 What can I do in my free time?

Please don't expect perfection first time. We are all guilty of wanting perfection without the effort but unfortunately it does not work that way and things don't always go your way. Here's some advice and ways to reset – navigate your way through this resource to find our top tips.

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# How can I find time to do it all?

Time is a very important tool, it is finite in our lives so we need to use it carefully. However, most of us, especially students, seem to not be able to manage it properly: whether it be leaving homework until last minute, or just not having enough time to study for an exam, I'm sure we have all had that nagging feeling, eating at our brains to get the work done, but we just can't. So... why do we really fail at managing time?

## 1. A fear of failure

Many of us, and even adults, have a fear of failing as the "task" is something which normally supplies them with validation. If they cannot complete the "thing", there are assumed to be consequences which they are afraid of and therefore there is a disinclination to act. Humans would rather leave the task incomplete than fail and then experience even more emotional fear of failure as a protective mechanism. However, you must understand that without failure, we wouldn't know what success is and we wouldn't be able to further improve. Failure should be accepted and used which is a good thing for young students on their way to success.

### Suggestion

To overcome the fear of failure, why not try making a list of all the things you've succeeded at in the past. These can be small or big things, but every time you do something well or receive positive feedback, add it to your list. When you start to feel afraid that you might fail, look over your list and remind yourself that you have succeeded at so many things in the past.



## 2. No motivation

There will always be times where we feel demotivated to do something. However, putting tasks off when we feel demotivated is procrastinating. Instead, we must find ways of taking accountability and completing tasks rather than neglecting them.

### Suggestion

What we need is discipline. It is alright to be tired at times however, if you really want to excel at something you have to find ways to do the work when you know you're being lazy. To solve this, you could have some treats to reward yourself for every task completed so you know you have something to work for. Furthermore, think of the end result: "Work hard today, be satisfied tomorrow."

## 3. Low energy levels

Plenty of students will come home and go straight to take a nap in bed. This is harmful as it ruins your sleep schedule which affects everything else like dominos. Also, it delays your academic duties to a later time. For some it is easy to find what the problem is but for some it isn't.

### Suggestion

You could start experimenting with apps such as the NHS diet app where there are a range of nutritious recipes which are very helpful for an exam student's diet. Try to experiment with the other suggestions above which will allow you to develop a healthier lifestyle, which decreases the likelihood of procrastination. However, if you still feel very physically or mentally deprived or have no energy, try to seek the professional advice of a doctor.



**Procrastination** is the delaying or putting off tasks or decisions, which in our case could be studying, homework or activities needing to be completed. Procrastination is down to our mentality and there are many reasons why we do it...

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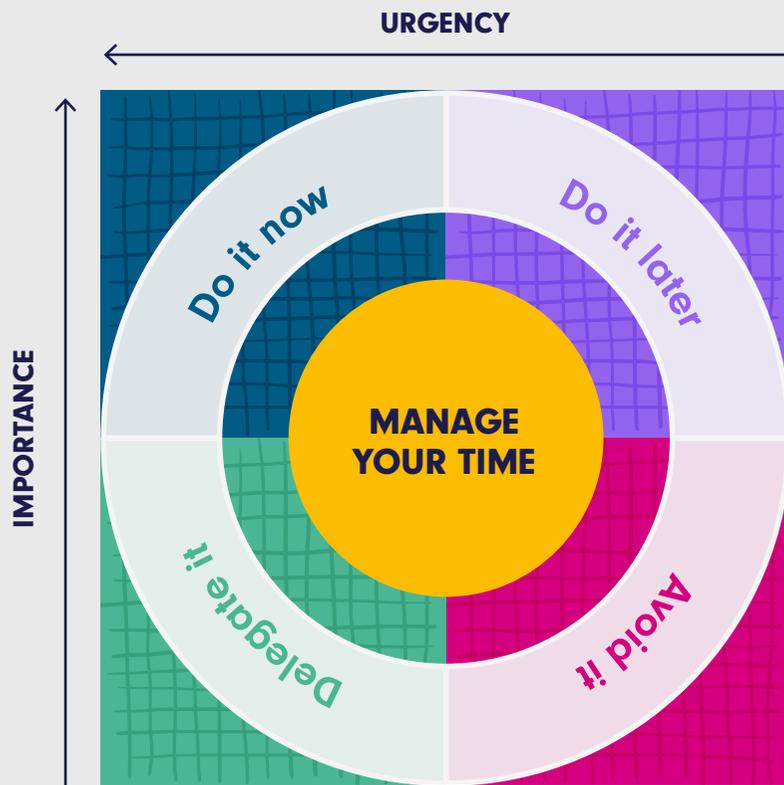
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**The Eisenhower Matrix** template is found to be an extremely effective time management technique. It allows you to distinguish between different tasks in level of priority so you can actually complete the tasks without feeling like your mind is all over the place. This is proven to reduce stress and increase productivity.



# “You cannot escape the responsibility of tomorrow by evading it today”

- ABRAHAM LINCOLN



## 4. “Where do I start?”

For students, the amount of homework tasks, tests, and revision needed to be done to prepare for exams can be terribly, horrifyingly overwhelming as you don’t know what to prioritise so everything you need to do is ignored because you don’t know where to begin.

### Suggestion

There is a free app called Adapt, where you can add all of your subjects from your timetable, and your upcoming exams or homework, customise what days you are available to study, and it creates an automatic timetable for you consisting of different subtopics from different subjects. This way you are not completing too much of one subject, but the revision is equally distributed amongst your courses.

Also, create a to-do list. Write down everything you need to do, number them from the most important to the least important, then tick the tasks off once completed. This brings relief and satisfaction as now it’s out of the way.

## 5. Getting distracted

Whether it’s on Instagram reels, Tik-Tok or YouTube shorts, we are all somewhat guilty of scrolling infinitely and telling ourselves “just five more minutes”. Social media is designed to distract us, and although it is a way of getting some form of entertainment and staying in touch with friends, there needs to be a limit.

### Suggestion

Use a screen-time limit on apps in our phones to restrict access sometimes. This will allow you to have more time to complete tasks as well as do the things you love and spend time with family.



# Good food, good grades?

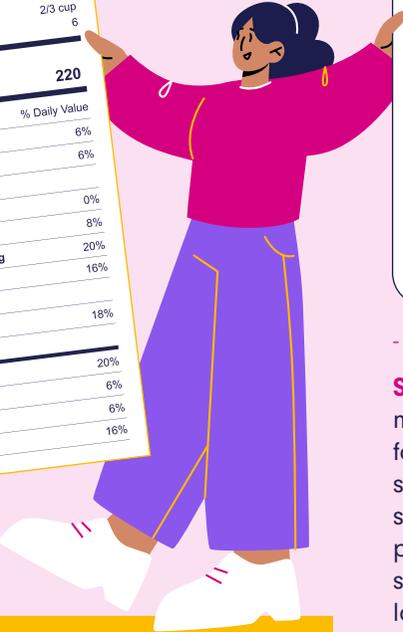
During exam times, we, as young people, can sometimes lose focus on the way caring for our bodies will help us have minds ready for exams. Amongst all the things to remember it is vitally important that we support our bodies with a healthy diet. It is scientifically proven that a healthy diet can improve your brain function – and I don't know about you, but I think we all need all the help that we can get. How can we help ourselves?

## Read labels carefully and understand the traffic lights system

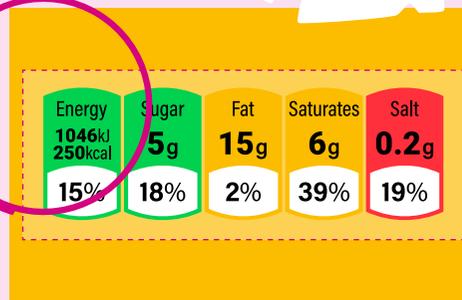
Some front-of-pack nutrition labels use red, amber and green colour coding. Colour-coded nutritional information tells you at a glance if the food has high, medium or low amounts of fat, saturated fat, sugars and salt: red means high, amber means medium and green means low. In general, a food or drink that has all or mostly green on the label is a healthier choice. Amber means neither high nor low, so you can eat foods with all or mostly amber on the label most of the time. But any red on the label means the food is high in fat, saturated fat, salt or sugars, and you should limit your intake of these foods and drinks.

**Energy:** the amount of energy in a food or drink is measured in calories.

**Carbohydrates:** this includes both starch that you find in bread, pasta, rice and potatoes, and sugars.



Nutrition Facts	
Servings Size	2/3 cup
Servings Per Container	6
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>220</b>
	% Daily Value
<b>Total Fat 2g</b>	6%
Saturated Fat 2g	6%
Trans Fat 0g	0%
<b>Cholesterol 0mg</b>	8%
<b>Sodium 120mg</b>	20%
<b>Total Carbohydrate 20g</b>	16%
Dietary Fiber 8g	
Sugars 18g	18%
Total Sugars 18g	
<b>Protein 6g</b>	20%
Vitamin A	6%
Calcium	6%
Vitamin C	16%
Zinc	



## Snack and treat ideas

- ▶ The size of the snack should reflect a good balance between enough calories to satisfy you, but still not too many to promote unwanted weight gain.
- ▶ Pick foods that are low in fat and added sugar and high in fibre and water. You will consume fewer calories but stay full for longer.
- ▶ Aim for fruits, vegetables, whole-grain snacks, and low-fat dairy.
- ▶ Limit foods and drinks that contain added sugar.
- ▶ Fresh fruit is a healthier choice than a fruit-flavoured drink. Foods and drinks that list sugar or corn syrup as one of the first ingredients are not healthy snack choices.
- ▶ Pairing a protein with a carbohydrate will help the snack to keep you fuller for longer. Examples include having an apple and string cheese, whole wheat crackers with peanut butter, carrots and hummus, or plain yogurt and fresh fruit.
- ▶ Choose healthy ready meals in shops (traffic lights).
- ▶ Consider the number of calories, the amount of saturated fat and sodium.
- ▶ Pre-prepare food at beginning of week (batch cooking).
- ▶ Pick pre-prepared food that contributes to your 5 a day of fruit and veg.

**Sugars:** 'of which sugars' refers to how much of the carbohydrate content of the food or drink comes from sugars. 'Total sugars' is declared on food labels. Total sugars include both the sugars naturally present in whole fruit and milk, and free sugars (added sugar). For example, looking at a plain yogurt, it may state it contains 9.9g of total sugars. However, none of these are 'free sugars' as they all come naturally from the milk.

**Fat:** this includes different kinds of fat – both saturated fat and unsaturated fat. BUT, by looking at the 'saturated fat' content, you can work out how much

of the fat in the product is 'saturated' (the fat we should be cutting down on) and 'unsaturated' (the fat we should be replacing saturated fat with).

**Protein:** this is the total protein content of the food. The body needs protein to grow and repair itself. Most adults in the UK get more than enough protein for their needs.

**Salt:** the term 'salt' on food labels includes all the sodium in a food. While most sodium comes from salt (sodium chloride), some can be naturally occurring in food.



# MEAL SUGGESTIONS DURING THE EXAM PERIOD

## Night before (dinner)

- ▶ Source of protein (meat/fish/chickpeas)
- ▶ Carbohydrate (pasta/potatoes/rice)
- ▶ Vegetables
- ▶ Desert (fruit+jelly/custard)

Children aged 11 to 18 still only eat around **3 portions of fruit and veg a day**, though there has been a slight increase in consumption since 2014-16.

## Morning of (breakfast)

- ▶ Porridge + toppings
- ▶ Toast + banana,
- ▶ Complex carbohydrate cereal + milk + fruit

About a third (32%) of all food and soft drink advertising is still invested in promoting **unhealthy foods** compared with 1% spent on fruit and vegetable promotion. A further **39% is spent on brand advertising**, much of which is associated with less healthy products.

## After

- ▶ Dried fruit
- ▶ Yoghurt
- ▶ Cereal bar
- ▶ Smoothie

**TREATS!**  
(in moderation)

## Just before

- ▶ Fruit
- ▶ Cereal bar
- ▶ Digestive biscuits
- ▶ Nuts

**EXAM**

64% of respondents say they check nutritional information food labels when grocery shopping.

You will find lots of tips to stay healthy online. However, be aware of misinformation! Here's a suggestion I found for staying **CLUED UP** from the Royal Society for Public Health.

**Credible** - Does the content come from a person or organisation you'd expect to be knowledgeable on the subject?

**Logical** - Is the content likely to be true or does it feel far-fetched?

**Unemotional** - Does the content use facts and knowledge, or does it play on your emotions?

**Evidenced** - Are there sources or evidence to back up claims?

**iDentifiable** - Is the information coming from where you think it is?

**Up-to-date** - Has the information been published or updated recently to reflect the current situation?

**Purpose** - Is there another motive for publishing the information other than telling the truth?

- ▶ Try your best to get your five a day and consider out of the box ways to get them!
- ▶ There are ways to choose fast and convenient foods that will help your body and mind.
- ▶ It's okay to have treats and you shouldn't feel guilty.
- ▶ Try considering how different foods might make you feel (physically and emotionally) and harness these in a positive way.

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# Does a social life matter?

## What's the 'Big' Problem?

One of the big questions on all of our minds when we think about exams is "how will I keep up with my friends?" There are many dangers to losing contact with friends during exam season. It's very easy to allow worries to blow out of proportion, especially if you don't keep your social life going. If you don't stay in regular contact with the people who are going through the same experience as you, you run the risk of getting over-whelmed and feeling isolated. These feelings are the last things that you need when trying to navigate exams.



Why is having a social life important?

Having a social life is key to maintaining your happiness. Whether that involves going to a café or playing a game together online, keeping up with your friends matters, especially during exam season.



## EXAM TIMELINE

Exam season is made up of many sections, each of which need to be handled differently. By breaking down the phases of exams, it may be easier to see how you can keep yourself on track and happy.



BEFORE EXAMS	DURING EXAMS	AFTER EXAMS
During the run up to exams, your days are bound to be full of revision. However, it's important to keep up a healthy work and life balance.	In the few weeks when exams are actually taking place, stress levels will be high.	Once exam season is over, almost nothing is more important than catching up with friends and relaxing together.
Revision is all about what works for you and for many people, a study group with friends can be an effective way of pulling together social lives and revision.	In this scenario, you really have to evaluate whether frequently seeing friends or talking to them online will be a good way to relax or just a good way to put off your revision.	When results day comes, don't feel pressured to share results online or off-line if you don't feel comfortable to do so.
The use of social media can be fantastic for staying in contact with friends when you're all really busy, but be careful not to fall into its traps! Social media is the ultimate procrastination tool and can cause you to fall behind in your revision very quickly.	However, it is also extremely important that you avoid cutting yourself off from friends, so get the balance right for you.	Try to avoid comparing yourself to others – our strengths all lie in different areas.



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## How can I effectively revise with friends?

For some people, the idea of involving friends in revision is completely impractical. However, for others, something like a study group may sound appealing. Study groups with friends can be good motivators and you can collaborate on notes and ideas.

It's all about finding the revision techniques that work for you.

## What are the benefits of social media during exams?

Social media can be fantastic for quick catch ups with friends that you wouldn't otherwise have time to talk to during your busy revision schedule. It can also allow you to see that you're not alone – millions of other young people around the world are experiencing the same exam stress as you.

## What are the downsides of social media?

The internet acts as the ultimate distraction and can drag your focus away from revision and homework. Limiting your time online can be difficult but there are many resources out there to help, such as Flora, an app that encourages you to put down your phone to allow your virtual tree to grow.

## What can I do to take my mind off of exams?

Doing what you love, whether that's sport, music, gaming or anything else, is really important. Reserving some time for yourself each day will help keep you on track, motivated and happy.

### 5 top tips about socialising during exam season:

- ▶ Keep your balance of revision and fun healthy.
- ▶ Enjoy all of social media's benefits but don't forget its dangers.
- ▶ Use screen time monitors to keep yourself on track.
- ▶ Only do something like a study group if it is effective for you.
- ▶ Don't forget that the worries you're having are totally normal!



### Know your phone facts!

The issues of distraction and procrastination caused by social media are difficult to get your head around. Using your phone and checking your social media is second nature and it can be impossible realise just how often you do so. Here are some staggering statistics about phone usage:

- ▶ The average teen spends 7.7 hours a day on their phone! (JAMA Pediatrics)
- ▶ 95% of 16-24 year olds have a social media profile. (Ofcom)
- ▶ Most people check their phones 80 times a day. (Kings College London)
- ▶ 50% of people feel they can't stop checking their phones when they should be doing something else. (Kings College London)



**"Never forget that you aren't alone – all of your friends will be feeling the same and doing it together will be so much easier! Good luck!"**

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# What can I do in my free time?

This is your short and snappy guide on how to find a good hobby. Hobbies are very important to help your mental health and physical health so why don't we all have one? Where can you find hobbies that are perfect for you? As a teenager myself I know how hard it is for you to find a hobby you can enjoy.

Spending time doing hobbies is known to be very good for your wellbeing and mental health. Research shows that people who exercise and have hobbies are a lot less likely to be depressed, anxious and have less bad moods.



**"I enjoy sports because it helps me with life skills and makes me happy."**

## Solutions

Doing exams can be very stressful especially during exam season so how can we find the right hobbies for us? Personally, I love to look at TikTok for inspiration on what I would enjoy, however, I understand that not everyone has social media. Here are some links that would be great for you to have a look at.

Social media can offer a lot of ideas for new hobbies and is a good way of engaging people aged 13 and over. I recently found a recipe that I was able to try independently without any adult help. This was important to me as I don't always want to rely on my parents and is good for increasing my confidence so if I can do it so can you.

## Hobby quiz



[www.proprofs.com/quiz-school/story.php?title=find-fun-hobby-you](http://www.proprofs.com/quiz-school/story.php?title=find-fun-hobby-you)



[www.quizexpo.com/hobby-quiz/](http://www.quizexpo.com/hobby-quiz/)

I've tested all of these and have found they actually match my own hobbies so can tell you they are reliable.

## Why is exercise so important?

Exercise releases endorphins, which reduces stress. Endorphins are our bodies natural feel-good chemicals ([evolvetreatment.com](http://evolvetreatment.com)).

I have researched exercise opportunities and have discovered that there is a lot on offer in my local area. These varied from park runs, bootcamps, exercise and dance classes, yoga, karate and gym memberships. I also found a few exercise apps aimed to help improve your fitness. The one that stood out from the rest was **Strava**.

Strava is a fairly simple app to navigate with an easy layout. It has a route planner and offers information of the surrounding area. I really liked the challenges that it sets such as 5k a day in May. It also allows you to share your progress with other app users. This is a free app with the option to upgrade your subscription and it has a user rating of 4.7 stars.



Sports and hobbies can also help improve your social life, you will meet likeminded people and widen your circle of friends. By working with people you can get to network with others which could create more opportunities for the future.

## How to find time for your hobby

30 minutes a day is all you need to commit and when you do it you will start to enjoy it and want to spend more time on your hobby.

Instead of watching TV or playing games, why not change your priorities and do something away from the screen.



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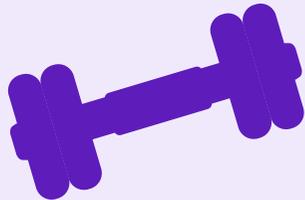
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**Increasing physical activity can help improve mood and attention, both in the short term and longer term - this can help with revision and exams.**



Increasing your physical activity can help to maintain a healthy weight, which is essential for good long-term health. Being overweight or obesity can track through childhood and adolescence into adulthood (and in the UK we have quite worrying levels of childhood obesity!) and this can lead to the development of many diseases in later life. So, setting good healthy habits early in life is an excellent thing to do! Also, for some people, bodyweight - and particularly excess bodyweight - can cause psychosocial issues with lower self-confidence and self-esteem. Becoming more physically active can help with this.



### What physical exercise can I do?

There are numerous different types of exercise or physical activities - you can choose what suits you - from low intensity activities including walking or yoga, to high intensity activities like running or team sports. Your physical activity doesn't always have to be time consuming, both longer durations and short bouts (think: breaking up sitting time with quick 10 minute workouts), each offer different benefits. You can also choose resistance-based activities if running isn't for you. There are so many different options to suit all individuals - variety is the key!

Physical activity also links to healthy eating: being more physically active may also help to engage in better/healthier food choices. It can also help to regulate appetite, for example. Body composition also changes as a result of exercise/physical activity - body fat reduces and muscle mass increases - which means that your body will burn more calories each day because gram for gram, muscle uses more energy than fat. Again, this helps to maintain or attain a healthy weight.



Increasing your physical activity levels in the daytime may help to improve your sleep patterns at night. Doing physical activity during the day helps your brain to switch off which allows you to get a good night's sleep.



# Sleep... what's the big deal?



As I'm sure we can all agree, many of us don't have the best sleep schedules, however there are a large number of studies, and many years of acknowledging that good sleep is necessary, that show there are lots of ways your sleep schedule can affect your lifestyle. Therefore, we hope that this pack helps to guide your sleep through what can be a very stressful time. If I didn't have the info and help on sleep that I had when going through exam season I just don't know how I would have coped.

Before exam season you might be staying up late on your phone, watching TV or chatting to your friends online as I used to do myself but soon you'll come to realise that these habits don't help you in the long term at all when taking exams. So...

## How much sleep should you get?

It's suggested by sleep experts that **teenagers should get 8-10 hours of sleep** a night



Your brain is changing a lot as you go through your teenage years. As a child, you build lots and lots of connections between your brain cells, and as a teenager, some of these are lost in a process called 'pruning'. The connections you use will get stronger and stronger, and the connections that you don't use anymore will be lost, so that your brain can concentrate all its energy on the things you are actually doing. This means that your teenage years are so important to build good habits to last you for the rest of your life. So, starting a good sleep schedule that you can continue into adulthood is one of the best things you can do.

Many of us are facing (dreaded) early morning schedules to get to school which means going to bed earlier the previous night. That's easier said than done so here are a few tips to help you relax and unwind in the evening...

## Some simple tips:

We need the right environment to enhance sleep and trying to keep your bed just for sleep rather than revision helps to separate working environments from sleep environments.

- ▶ It helps for it to be as dark as possible to help with melatonin\* levels.
- ▶ It's recommended that screens should be off about an hour before bed to help also. Sometimes even having a bath or shower can help to trigger more melatonin by changing your temperature.
- ▶ You should try to avoid caffeine after 3pm as it enhances brain function that can make preparing for sleep much more difficult.
- ▶ Quiet activities such as reading that are enjoyable without screens can also relax your brain and prepare for sleep!

**Melatonin** is a chemical in your brain that can make you feel sleepy

## "Turn off your phone at least 30mins before bed"

### Here's why:

Melatonin is a natural hormone in your brain that prepares your body for sleep, and when it gets darker, your body (through your eyes) sense the lower levels of light and the amount of melatonin in your body increases which helps you to get to sleep easily. Mobile phones and tablets give out a blue light that decreases melatonin levels and makes it harder to go to sleep so therefore it's recommended you turn off your phone for at least 30 minutes before bed.

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## In the middle of the night:

There are several stages of sleep during the night. During the first half of the night you have more stages of deep sleep which help to make you feel refreshed. We then start to have more restless sleep and then REM sleep (dream sleep) helps to regulate your emotions.

It is important to note that it is completely normal to wake up several times in the night – especially when going through exams as stress can cause this – however, it is also important to remember your night of sleep is often better than you think. Quite often, we wake up and go straight back to sleep without even realising, making it seem like a blur... don't worry at all!

This clock represents the **stages of sleep** for someone who is going to bed at 9pm and waking up at 7am. As you can see, you get most of your deep sleep early in the sleep cycle, if you have less sleep (so go to bed later), the sleep cycle just shifts around, so you still get the deep sleep, but you cut short the REM sleep, which is the emotional regulation sleep – this is why if you don't get enough sleep it can affect your mood, making you more irritable or sad.

**Key:**  **WAKEFULNESS**  **REM**  
 **DEEP SLEEP**



## Hopefully some of this info helps to remind us why sleep is really important especially during a stressful time!

As a student myself I struggled balancing sleep and other requirements in my life going through exams but I managed to aid a healthy sleep schedule by regularly taking warm baths to calm me in the evening and I personally liked using the app "Loona". It's a 3D colouring app that I found so beneficial to calm me before sleep with the peaceful music and ambience! It's also very easy to worry about exams and revise late into the night but you have to remember to have a limit so you can safely wind down for sleep in the evening as it is just as important!!! Personal health is just as important as exams.

Will my sleep pattern affect my mood or emotions?

Not getting enough sleep over long periods of time can really affect your mood and may cause depression and anxiety. It can actually cause you to have risky behaviour which can be dangerous and your academic progress will be affected. You can see from the sleep timeline that while the first part of the night is the deep sleep, the second part of the night is the dream sleep. This sleep helps to regulate our emotions, so if we don't get enough sleep, it's this type of sleep that we lose out on. That's why, if you don't get enough sleep, you might feel irritable or sad as you can't control your emotions as well.

Why do we get so tired?

Well... the longer we stay awake, the more chemicals build up in our brain and sleep is like our way of getting rid of the bad stuff from it, a kind of brain spring clean. In the long term if we don't clean these chemicals they can be quite toxic and so our bodies getting tired is their way of telling us to clean up the brain! This is called the 'Homeostatic sleep drive'.

**"Aaaaand relax... I hope these recommendations are useful for your sleep journey."**

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# Directory

We hope that exploring this resource has helped you. If you want further information about any of the topics we have discussed, take a look at the helpful links in our Directory.

## Stress and Anxiety

Coping with exam pressure - a guide for students - GOV.UK



How To Deal with Exam Stress - YoungMinds



Help your child beat exam stress - NHS



Exam stress: 8 tips to cope with exam anxiety - Save the Student



Exam stress - Student Minds



## Time Management

Adapt - free Revision Timetable App for A-level & GCSE (getadapt.co.uk)



18 Apps, Tools and Hacks that Will Boost Your Revision Game



Time Management for Teenagers | Time Hack Hero



The Top 12 Time Management Hacks & Tips for Students



Top 5 Study and revision tools to get you through exam season



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## Healthy Eating

<https://www.nhs.uk/live-well/eat-well/>



<https://www.nutrition.org.uk/>



<https://www.bbcgoodfood.com/recipes/collection/quick-and-healthy-recipes>



<https://www.bhf.org.uk/information-support/support/healthy-living/healthy-eating/dieting-myths>



Disordered eating - <https://www.beateatingdisorders.org.uk/>



<https://www.youtube.com/watch?v=8aWqZd9RScQ>



FIVE A DAY - Kind of day | NHS



Eight guidelines for healthy eating | Design Technology - Food Preparation and Nutrition



How much is five a day? | NHS



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## Social Life

<https://www.nhs.uk/mental-health/children-and-young-adults/help-for-teenagers-young-adults-and-students/tips-on-preparing-for-exams/>



This video demonstrates that revision that's really effective is about what works for you individually. If you need to keep your friends and revision separate, you do that.

This article from the Liverpool John Moores University with information about reducing time online:

<https://www.ljmu.ac.uk/about-us/news/features/social-media-detox>



Explains the detrimental effects of time-wasting on social media and it is quickly explained how to deal with these effects or not experience them at all.

This article emphasises the importance of making healthy habits and having a good relationship with social media established before exams season so you are prepared to limit or even put an end to use of it.

This app, called Flora, that helps you to control your screentime:

<https://flora.appfinca.com/en/>



Perhaps this app could be what you need to motivate you into limiting your screen time? You can grow your own virtual tree, just by keeping to your screen time commitments.

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## Hobbies & Physical Activity

Very popular app a lot of fun and keeps you engaged would 100% recommend however if this is to childish try strava:

<https://apps.apple.com/us/app/walkr-a-gamified-fitness-app/id834805518>



[https://youtu.be/o4qiwWFdZ\\_U](https://youtu.be/o4qiwWFdZ_U)



## Sleep

Useful websites for helping teens with their sleep schedule:

<https://healthblog.uofmhealth.org/childrens-health/10-tips-to-help-your-teen-sleep-better>

(Some helpful infographics on here!)



<https://childmind.org/article/help-teenagers-get-sleep/>

(A little word heavy but very useful information!)



<https://www.nhs.uk/every-mind-matters/mental-health-issues/sleep/>

(NHS info is sectioned out well and I think it includes some helpful video links!)



As a lover of TV I found Dr Michael Mosley's BBC documentaries on sleep also incredibly interesting and it revealed some very shocking facts!

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<https://www.mind.org.uk/information-support/for-children-and-young-people/exam-stress/>

<https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/>

<https://ash.org.uk/media-centre/news/press-releases/fears-of-growth-in-children-vaping-disposables-backed-up-by-new-national-survey>

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<https://cls.ucl.ac.uk/teenagers-shun-homework-for-social-media-and-video-games-new-survey-finds/>

<https://theconversation.com/social-media-how-to-protect-your-mental-health-187935>

## Hobbies

<https://theconversation.com/the-science-behind-why-hobbies-can-improve-our-mental-health-153828>

## Sleep

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<https://theconversation.com/is-your-teen-a-night-owl-their-sleep-pattern-could-shape-their-brain-and-behaviour-years-later-193453>

<https://www.psychologytoday.com/us/blog/sleep-newzzz/201901/what-modern-science-says-about-teen-sleep>

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**This easy to understand guide on making it through exams was created by young people for young people. We really think it provides a realistic guide for navigating exams as well as already existing stresses.**

We wanted to create this guide to make sure that young people felt heard and understood on a subject that concerned largely them. We're so pleased that we got to share the voice and opinions of other young people and have the privilege of working with such amazing team members.

Being a part of this experience has really developed our skills as team players and independent researchers. We are so proud of how everything has come together and that this resource might make a difference to young people.