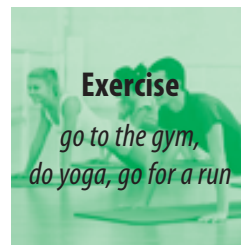
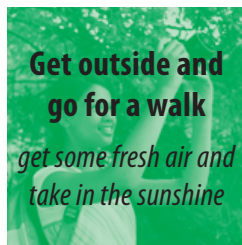
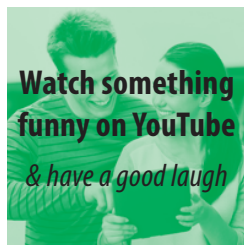
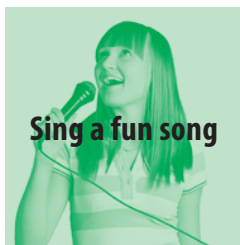
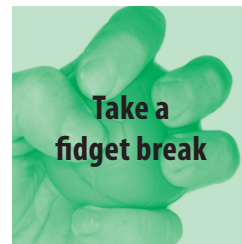
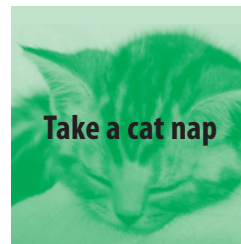
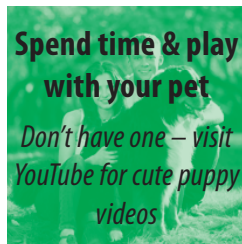
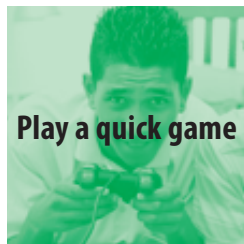
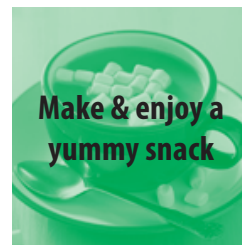
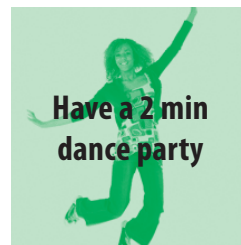
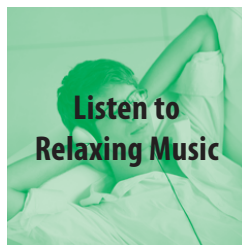


Stress Busters

Make sure you schedule study breaks to refresh yourself!

#mindsmatter@kprdsb

Here are
some
ideas:



Sleep – Research shows that **sleep after learning supports memory consolidation**. Make sure your brain is rested so it can consolidate your learning and think during the exam.

Eat well – Your brain needs vitamins, minerals and good nutrition to work optimally. Make sure you **have breakfast the day of the exam** and limit your caffeine intake while you are studying.

Move – Exercise improves memory and attention—so **get moving** during study breaks and before your exam.

Drink lots of water – Your brain needs water to focus and be efficient—a dehydrated brain performs 15% slower than a hydrated one.

Use positive self-talk – it can decrease your stress and anxiety.
“You’ve got this!”

