

24 WAYS TO IMPROVE MENTAL HEALTH

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1. Meditate
2. Ask for help
3. Keep a journal
4. Try to be active
5. Be outside in nature
6. Talk to yourself kindly
7. Do something creative
8. Look on the bright side
9. Practice deep breathing
10. Do a task you're good at
11. Avoid social comparisons
12. Sleep and rest adequately
13. Make chores more fun to do
14. Watch something that uplifts you
15. Make a playlist of feel-good songs
16. Spend time with empowering people
17. Help others - especially those in need
18. Avoid multitasking and procrastination
19. Make a list of things you're thankful for
20. Improve your posture and body language
21. Eat nutritious food and drink lots of water
22. Remind yourself that you're doing your best
23. Take breaks off social media and your phone
24. Distance yourself from things that don't feel good



7 SMART TIPS TO STUDY FOR A TEST WITHOUT CRAMMING

Research shows that cramming negatively affects your body and brain functions – and eventually, your exam results. Here are 7 useful and effective study tips for your next round of examinations.



1 IDENTIFY YOUR IDEAL STUDY TIME

- Identify the time your attention and concentration is at its peak
- Studying during these peak times allows you to breeze through tedious tasks like memorization



2 PRIORITIZE DIFFICULT SUBJECTS WHEN STUDYING

Use your energy and brain power on the more difficult subjects first, save the easiest for last



3 FIND A CONDUCTIVE PLACE FOR STUDYING

- Your study space plays a crucial factor in how we execute different tasks
- Choose a study space that allows you to focus and concentrate
- A space that's quiet, organized and free from distractions is ideal



4 TAKE A BREAK AND RELAX

- Do not overexert yourself
- Exhaustion will prevent your brain from effectively absorbing information
- Take an occasional 5 to 10 minute break between subjects



5 GET ENOUGH SLEEP

A solid night's sleep allows your brain to take a break and prepare for tedious mental activity



6 EAT PROPERLY

- Proper nourishment is necessary for the body to function properly
- Researchers suggest dark leafy greens and carbohydrates are good for the brain



7 STUDY DAYS AHEAD

- Spread out study time days before the exam to allow enough rest in between study days, and ample time for all subjects
- Planning ahead will reduce anxiety from lack of time

Remember:
You need to take your studies seriously but not at the expense of your health (or your sanity).



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