

# Exam season wellbeing planner

## connect

### Other students say...

'I make sure that I sit down in the morning to have a cup of tea and a catch up with my housemates before going to the library.'

'Make a bucket list of fun things you want to do with your friends in Manchester. Do them at weekends and also have them to look forward to after exams are over!'

'It's important to set certain times to do work in so you can actually have some time off. In those breaks, do things with your close friends so they're taking breaks too!'

'Studying with friends can be really beneficial. Not just because you can test each other and discuss your work, but it means you can enjoy any breaks together too. Just because it's exam season doesn't mean you need to be alone all the time.'

## give

### Other students say...

'When I'm on my way home from studying I usually go into a shop to pick up some sweet treats to share with my house. They're always grateful!'

'If you tend to procrastinate, try and do something useful with that time. I always like to clear out my wardrobe and donate my old clothes and unwanted things to charity. My theory is a clear room leads to a clear mind!'

'Exam season can feel pretty miserable at times but giving is a great way to cheer up the people around you and also yourself! Bringing joy to someone else will bring it back to yourself in unexpected ways.'

'Sometimes just telling your friends that you're proud of them for all the work they're doing can go a long way. It costs nothing to be kind!'

## take notice

### Other students say...

'I usually take a break half way through the day to meditate. It's good to help centre myself and understand how I'm feeling.'

'I live next to Platt Fields park and I try and walk around it at least once a day (even when it's raining!) I make a point of noticing how lovely it is to be out in nature after spending the rest of my day cooped up in the house or the library.'

'It's important to remain rooted in the present moment, even when your to do list is massive. You can only do one thing at a time, so be kind to yourself.'

'Pay attention to how you're feeling when you're revising. If you're starting to feel a bit stressed out, give yourself a well deserved break. Don't push yourself to your limit for no reason.'

## be active

### Other students say...

'I go for a run every other day and do 10 minutes of yoga before bed every night. I enjoy doing an activity that isn't exam related.'

'I know the gym isn't for everyone, but there are other fun ways to exercise! These can be a great way to take a break from studying.'

'Find your own active. There's no need to force yourself to go to the gym if you hate it. Even going on a long walk with your friends is a good way to get out of the house and keep fit.'

'Winding early morning exercise into my revision plan was the best thing I ever did! It wakes me up and puts me in a much better mood for the rest of the day. Studying is so much easier when you feel good in yourself!'

## be healthy

### Other students say...

'I prioritise my sleep routine above everything during exams. If I don't get a good night's sleep, I find it so hard to concentrate!'

'Prep your meals at the start of the week. It means that it's easier to eat healthily, and you can also save money!'

'I set myself a dedicated wind down routine before bed. I don't go on my phone or my laptop in my room, and I usually read a novel for at least ten minutes. It means I can get to sleep much quicker.'

'Make sure you're keeping yourself hydrated. It's easy to end up with a headache if you don't.'

'Make sure you're eating plenty of fruit and vegetables. It'll help boost your memory and stop you feeling as tired.'

## learn and discover

### Other students say...

'Watching an Attenborough documentary is a great way to learn new things outside of your degree and unwind after a day of studying.'

'Get out of the house or the library and explore the city. You might even find a new favourite study spot! Check out 100 awesome things to do in 100 days on My Manchester News for to get some inspiration!'

'Learn some fun facts about topics unrelated to your degree. It's good to know that not all learning has to be for exams!'

'Practice a creative hobby like painting, writing or cooking. Taking time to develop your skills and also have a well earned break is so important.'

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Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Today's revision plans:	Today's revision plans:	Today's revision plans:	Today's revision plans:	Today's revision plans:	Today's revision plans:	Today's revision plans:
For revision tips, check My Learning Essentials						
Today's wellbeing plans:	Today's wellbeing plans:	Today's wellbeing plans:	Today's wellbeing plans:	Today's wellbeing plans:	Today's wellbeing plans:	Today's wellbeing plans:
Turn over for wellbeing tips from students and Wellbeing Champions						