

RESTORE RESET RECONNECT

Here are a few mindfulness tips and tricks to help you focus on you and your learning.

THE FIVE SENSES DRILL

Use this 3-minute breathing exercise to re-focus your attention and restore focus and calmness.

Take 2 deep breaths then silently note 3 things you see, hear, feel, smell or taste. Then finish with two more breaths.

GET YOUR Z'S IN

Sleep is your best friend right now! Getting up at the same time and going to bed in routine is essential for retaining all the information you've learnt that day.

Sleep is one of the most powerful ways we can practice mindfulness.

CLICK ON THEN CLICK OFF

Take breaks between studying by using specialist relaxation apps, to guide you through mindfulness meditation sessions. Take advantage of studying apps, make flashcards and question papers to test yourself, but remember to click off the social media until your study session is over!

Here are a couple:

'Stop, Breathe & Think'

'Headspace'

'Quizlet'

'Kahoot!'

GET CREATIVE!

Take a break and get stuck into a creative activity to rest your mind.

This could be something as simple as colouring an intricate design, to sculpting your masterpiece artwork.