

TIPS TO PREPARE FOR EXAMS

HEALTHY...



- Set up a study area with everything you need to stay focused
- Tell your friends that you are studying for exams and don't make plans to go out
- Drink plenty of water and stay hydrated
- Eat regular, balanced meals, don't skip meals.



- Get 7-8 hours of sleep- it is most important for alertness, memory, and mood!



- Schedule time to move your body- stretch, walk, swim, go to the gym, etc...
- Schedule time to calm yourself- listen to relaxing music, meditation, yoga



UNHEALTHY...



- Misusing stimulants may provide short-term alertness, but ultimately causes crashes, poor focus and performance.
- Stimulant side effects include:
 - Increased anxiety and irritability
 - Difficulty sleeping
 - Increased blood pressure and heart rate
 - Increased risk of addiction or overdose

(CDC.gov/overdose-prevention/about/stimulant)



- Energy drinks contain large amounts of caffeine, sugars, and legal stimulants such as gaurana, taurine, and l-carnitine.
- Protect your health. Use only your own prescriptions. Counterfeit pills can be deadly. (DEA.gov/onepill)



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