The importance of routines...

Keeping a routine plays a really important role in helping you to look after your mental health. It can bring a sense of control, structure and predictability to your day, can reduce stress, and can help you feel more grounded.

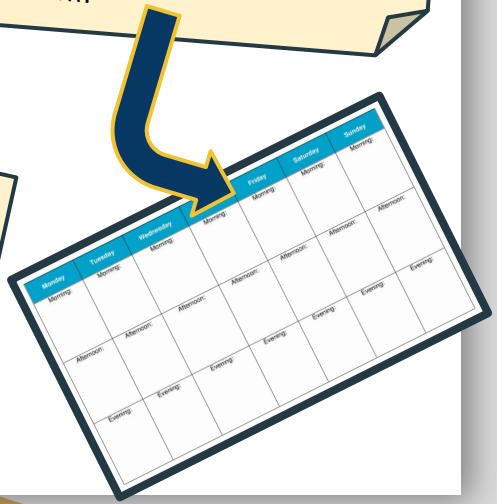
Get regular sleep!
Try to stick to a consistent sleep schedule - late nights can lead to stress and tiredness which can disrupt the start of each day.

Plan your social times!
Make sure you take time for your hobbies, friends, and family. Taking time to relax during your week can reduce cognitive overload and stress.

Get outdoors!
Plan a time each day/week to go for a walk, run, or to play a sport outside. Stepping away from revision or work can provide your brain with the rest it truly deserves...

Keep a calendar!
Keeping a calendar of important events or dates is a key way to manage your time and avoid panic should you forget something. You can buy a pre-made one or make your own!

Schedule your meals!
Try to allocate time each day for three meals without interruption or distraction. Peaceful meal times can help calm your mind...

How about revision?
Creating a timetable with realistic timings can help reduce your workload. Knowing exam dates and planning your revision topics is a small action which can have a big impact!

Know your timetable!
Not knowing your day-to-day lesson timetable can cause unnecessary stress which can be avoided by saving it somewhere you can check it often or by displaying it in your room...