



USING B.E.N. DURING EXAM SEASON

STAY IN THE GREEN ZONE FOR HIGH PERFORMANCE



SLEEP

Sleep is integral to physical, mental, and emotional health. Up to 80% of growth takes place while we are asleep. Sleep is vital for young athletes in terms of repair and regeneration. **But sleep is mostly about the brain.**

Throughout our waking hours our brains are inundated with information – countless chemical reactions, using around 20% of our daily calories, and producing an abundance of highly concentrated metabolites. While we sleep our brains go about processing all this information, filing and analysing, and flushing out all the waste products from those reactions.

This is the cognitive benefit of sleep. Our brains cannot perform this ‘reboot’ as effectively when we are awake.

Teenagers need their 8-10 hours every night. Sacrificing sleep to study is a false economy.



EXERCISE

Sports and exercise aren't just a great way to unwind during the intensity of exam season. When we exercise a whole cascade of positive chemicals are released in the brain (serotonin, dopamine, norepinephrine, brain-derived neurotrophic factor) which support mood, motivation, attention, learning, and memory. **Staying active boosts brain power.**



NUTRITION

Start your day with a healthy breakfast, carry a healthy snack with you, and stay hydrated. **Your brain needs energy and nutrients.**

Ultra processed foods, due to the amounts of sugar and vegetable/seed oils they contain, not only affect your mood but also your performance (as well as your health).

Don't sabotage yourself – stick to real food, don't skip meals, and keep sipping.

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BONUS TIPS/WELLBEING

PLAN

Helps to provide clarity, focus, and direction. Lowers uncertainty and makes decision making easier. Highly motivating.

JOURNAL

An opportunity to check in on yourself, show some self-love, and be grateful – which can help reduce depression and anxiety.

GET OUTSIDE

Natural light improves our mood, reduces anxiety, is good for our eyesight, and improves sleep quality.

STAY CONNECTED

Don't shut yourself off. We are all in this together!

KEEP A TIDY ROOM

Reduces stress, clears our thoughts, promotes better sleep, and makes us more productive.

PRACTICE RELAXATION

The ability to take a time-out, through whichever technique you choose, has multiple benefits - reducing stress, boosting energy, and improving clarity and focus.

**DONT FORGET TO LOG YOUR SCORES AND
GOOD LUCK WITH YOUR EXAMS!**