

Study Skills: Supporting Wellbeing

Movement / Brain breaks

Incorporating movement breaks when studying can improve your ability to focus and energise you.

Take a 5-10 minute movement break every hour/hour and a half.

Adequate amount and quality of sleep

Aim for 8-10 hours of sleep a night.

This will aid memory, creativity, and focus.

Get enough exercise

Physical exercise improves alertness and academic performance.

Relax and treat yourself

Give yourself regular treats and do things that relax you.



Monitor state of mind

Keep an eye on your feelings and emotions, studying can be stressful, so take some time to check in with yourself and do things that de-stress you.

Celebrate success

Remember to praise yourself for your efforts, hard work and achievements.

Healthy diet

Have a varied diet full of fruit, vegetables, protein and carbohydrates. Healthy eating improves energy levels and can have mood boosting qualities among lots of other benefits.