

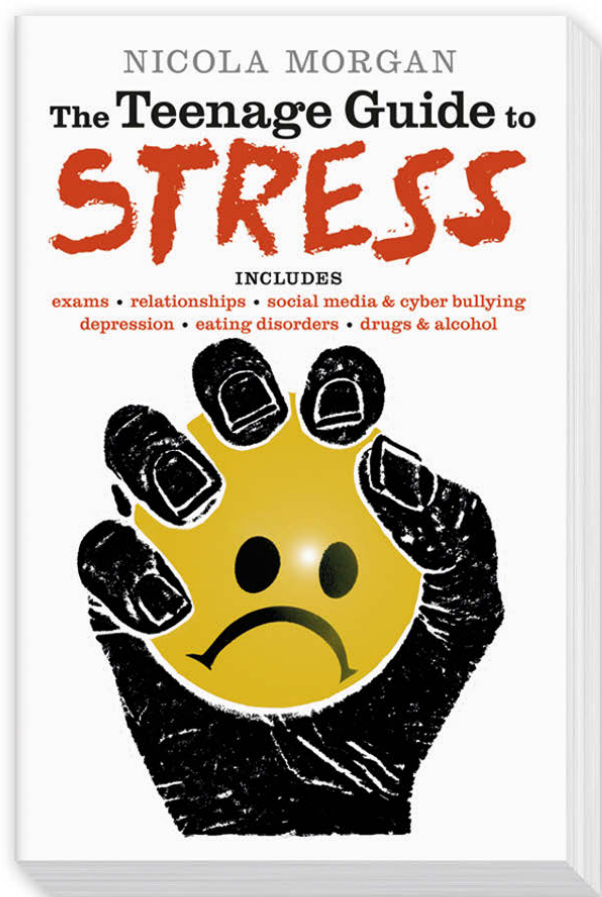
Your Stress-Free Revision Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REVISION WEEK 1	😊 Start sleep training		😊 Start relaxing 30 minutes a day		😊 Start reading for pleasure every day	😊 Start exercising every day	😊 Start planning nutrition
REVISION WEEK 2	😊 Notes ready for final revision stages					😊 Check stationery	😊 Buy exam food
REVISION WEEK 3	😊 Start going to bed 30 minutes earlier	😊 Keep exercising every day	😊 Keep practising relaxation every day	😊 Get some fresh air			😊 Get exam food ready and relax
EXAM WEEK 1	😊 Breakfast! Remember to relax. Good luck!						
EXAM WEEK 2							
EXAM WEEK 3							

*Continue on a separate page if necessary

See the reverse for tips on how to fill out your timetable!





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**The definitive guide to teenage
stress - and how to beat it.**

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How to fill in your revision timetable

- 😊 Write in all your exams in the 'Exam week' section
- 😊 Write in any days where you are busy and won't be able to revise
- 😊 Work out which days you should revise each subject. Ideally, have several sessions of revision for each one. Judge which subjects need most time
- 😊 Don't leave your least favourite subjects till last
- 😊 Build in some space to allow for illness or problems

Top 10 tips for surviving your exams

1. Plan ahead - make sure well in advance that you know how each exam works and how many questions you have to answer.
2. Do not bottle up your worries - talk to someone; ask for help early.
3. Practise relaxation techniques/anti-panic strategy.*
4. Spend at least 30 minutes a day relaxing doing one of these things: reading an easy book, having a bath, listening to music, walking, exercising or watching a funny film. Do not use a computer, tablet or phone during this time.*
5. Learn how to get a better night's sleep.*
6. Find lots of brain fuelling foods that you LIKE and make sure you eat before work/your exam. Plan your pre-exam snack. Always have water with you and avoid fizzy or sugary drinks.*
7. Your brain can only concentrate well for about 25 minutes - give yourself a break then. Breathe deeply, walk about if possible; if not, wriggle your toes!
8. Get fresh air. A brisk walk outside has huge health and anti-stress benefits and is also a very good way of thinking things through. And it pushes more oxygen to your brain.
9. A bit of chocolate (preferably dark) is a good idea - before an exam for an energy boost (as long as you also have some protein) and after as a reward. You deserve it!
10. After an exam, do not ask other people what they wrote; it's a sure-fire way to be more stressed. Now is the time to put that exam behind you. It's over!

* Visit Nicola Morgan's blog for more tips.