

- 1) **Sleep** - Avoid late nights whether they are caused by working or fun. Lack of sleep causes a whole range of problems from poor concentration and academic performance to depression and physical illness. At night phones should be out of bedrooms - or put 'out of use' via a parental control app. Talk to your child about the importance of sleep and how to ensure that they get enough.
- 2) **Screen time** - Reduced screen time is associated with better mental health and lower overall happiness. Sit down and talk - Agree reasonable limits with your child.
- 3) **Exercise** - Physical exercise improves health and wellbeing, it helps students to de-stress and relax. Encourage your child to find a form of exercise that they enjoy and to make it part of their routine.
- 4) **Diet** - It is understandable to be tempted by junk food to counter the stress of revision but it is essential that the body receives a balanced diet during this period in order to function at its best. Provide a range of healthy snacks that are available when they're needed.
- 5) **Relaxation and communication** - Taking time out to do things that they enjoy, spending time with friends and family relaxing and having fun is all important. It needs to be time-tabled alongside the revision.
- 6) **Encouraging helpful thought patterns** - Many students feel stressed and slightly overwhelmed by the sheer amount of content to revise for their GCSEs at some point. This is a normal reaction to a stressful situation - but it can become a problem if thoughts are allowed to get 'out of control'. Using a relaxation app such as the suggestions below can be a good way to help your child to recognise when their thought patterns are becoming unhelpful, and to put them back on a more positive track.