

# 6 Training TIPS for a MENTAL MARATHON



Preparing for exams is like running a mental marathon

UbX **NOW** is the time to start training. Our brain needs exercise, nutrition, hydration, sleep, relaxation and oxygen to **ACHIEVE PEAK MENTAL PERFORMANCE**, just like our body. Building brain Stamina and Fitness can help increase mental sharpness, mental resilience and academic achievement.

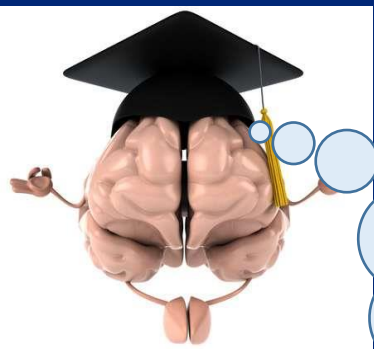
## 1: BRAIN FOOD

Oily fish, eggs, nuts and seeds may help memory and mood. Lean meats, lentils, beans and dairy help send messages around the brain. Veg and fruit repair damaged cells. Wholegrains release energy slowly keeping us alert longer. Great study snacks: yoghurt and fruit or banana and peanut butter on toast.



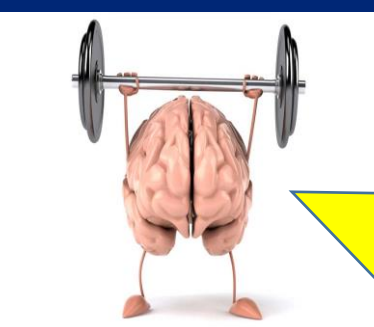
## 2: OXYGEN

Deep breathing supports brain clarity and helps us to keep calm. Try 478 Breathing: Breathe IN for 4 seconds, HOLD for 7 seconds and OUT for 8 seconds.



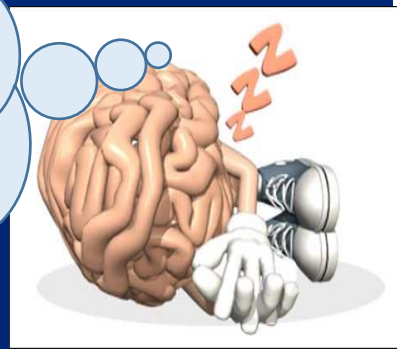
## 3: EXERCISE

Regular aerobic exercise, the kind that gets your heart pumping, appears to boost the size of the hippocampus, the area involved in verbal memory and learning.



## 4: SLEEP

When sleeping our brain sifts through the day's events consolidating memories and mentally practising skills. Develop and maintain a regular healthy sleep pattern.



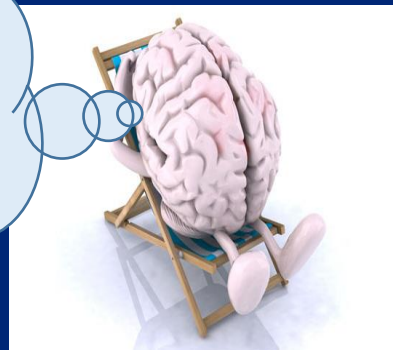
## 5: HYDRATION

Water aids concentration. Water is crucial for our brain to function efficiently, for memory, for clarity and to maintain concentration. Drink WATER when you wake up and 6-8 cups over the day.



## 6: TIME OUT

Timeout from study helps brain rest and recovery. Schedule regular short breaks during your study and regular days off for fun activities.



Better Health  
Greater Learning  
Brighter Futures