Healthy Habits

and foods that help you with your memory!

Drink lots of water
Exercise
Sleep at least 8–10 hours per night
Stick to your revision timetable
Make your study space clean, calm and comfortable
Find a quiet space
Use your Study Skills Folder
Omega 3 is good! Eat oily fish/nuts and soybeans
Vitamin E is good! Eat brown rice, oats and sunflower seeds
Berries are good! Put strawberries, blueberries and blackcurrants into milkshakes
Relax and give yourself rewards
Green things are good! Put avocado, kale and broccoli into smoothies
Meditate
Listen to music
Turn off screens