



TPS Revision Lifestyle Tips



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A Digital Detox

- The impact that phones have on our concentration and sleeping patterns is huge
- Consider taking your child's phone away before they start a revision session
- Charge phones and tablets in another room overnight
- Turn WiFi off during revision sessions
- Use games consoles and Netflix as a reward





Careful on the Caffeine

- Contributes to cardiovascular health and acts as a potent antioxidant
- Helps to make you feel more alert
- However, caffeine can also increase blood sugar and eventually lead to dips causing lack of focus and energy



Wholesome Wholegrains



- Wholegrain food such as porridge and wholemeal bread will stave off hunger
- Combining wholegrain with protein will help keep blood sugar levels balanced, which is essential for mood and concentration





Nuts and Berries

- A convenient snack that pack a nutritional punch
- Blueberries, like many dark coloured fruits and vegetables, have a high antioxidant content, which is thought to protect the brain from oxidative damage and slow age-related decline



CHOCOLATE!!!



- Dark chocolate has a mild effect on increasing blood flow and reducing blood pressure, due to the polyphenol content
- It's also a good source of magnesium, which is an essential mineral for relaxation
- Choose chocolate that's 80% or more in cacao to avoid any negative effects to teeth, skin and weight
- The darker the chocolate, the less sugar in it



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Keep Hydrated

- Keeping hydrated can boost attention by almost 25%.
- Drinking even a really small amount of water (25 ml) can result in improved performance on a test of attention
- Drinking 300 ml improves memory performance and can improve your mood as well





The Most Important Meal

- It is estimated that around 27% of boys and 39% of girls skip breakfast some or all of the time. I
- It's not called the most important meal of the day for nothing: research has found that skipping this meal significantly reduces students' attention and their ability to recall information.
- Simply having a bowl of cereal will give students the concentration and memory boost they need.



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Put the Phone Away

- Phones can be distracting; they are linked to fomo (fear of missing out), and evidence shows that students who spend more time texting and using social media get lower grades
- In another fascinating study, researchers found that the mere sight of a phone was enough to reduce a person's ability to focus
- The implication couldn't be clearer: out of sight really is out of mind



Music?

- You now have a legitimate reason to insist that your child stops listening to Justin Bieber on repeat
- Students who study in a quiet environment can recall more than those who revise while listening to music
- Extroverts, and those with an exceptional ability to control their attention, are not negatively affected as much: but it doesn't help. At best, for these students, it just doesn't hinder them as much as everyone else.



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Fit Body Fit Mind

- Don't try and work all day every day
- Revision has to be about quality, as well as quantity.
- Go outside and get some fresh air as it helps people feel refreshed and better able to focus afterwards.
- Exercise helps people deal better with stressful situations: it reduces anxiety and increases self-esteem.



