

REVISION ESSENTIALS

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Waking your brain up!

Your guide to getting the most out of your revision and keeping ahead of exam stress!



Brain boosters for tired teenagers!

Here's The Diva's guide to surviving your GCSE and A levels!

Revision time tables

Before you even begin to hit the books make a clear revision time table, plan which subjects and what you are going to study write it in all manner of pretty colours and post it where you can see it ... the next hurdle is sticking to it!

A clear time table is meant to help break the revision down to bite sized chunks.

Remember to include a night off, if you stick to your plan this will be Ok and help you keep up the hard work!

Understand what works well for you, some people need complete silence, and are able to visualize their work, others the diva included, work better by recording what they read and listening to it on iPods.

It's all about active revision rather than just reading notes, try highlighting important facts, brain storm what you know, get together with friends (for revision purposes of course) and make up a quiz.

No sneaky peaking, texts, phone calls and social net work sites will only distract you, and if your looking for distraction then its time for a break.

Study Breaks

Make sure you have regular study breaks. Go out the garden get some fresh air this will help to oxygenate your brain, helping it to work better.

Having good study break treats will also keep your brain geared up, try snacking on healthy snacks such as fresh fruit, smoothies, nuts and seeds, packed with nutrients these foods will keep you zinging with energy. A handful of walnuts are particularly good brain foods, rich in Omega 3 essential fats, they even look like miniature brains!

Omega-3 fatty acids, such as those found in fatty fish (like salmon and sardines), appear to have many health benefits. New research shows they may even build the brain's gray matter. In one study, healthy adults who ate the most omega-3 fatty acids had the most gray matter in three brain areas that regulate mood. The omega-3 fatty acid DHA, is the major polyunsaturated fatty acid found in the brain, and is important for brain development and function. Taking a DHA supplement alongside eating lots of fish, nuts and seeds will ensure you are power feeding your brain.

Eat your greens! Leafy and green vegetables like kale, spinach and broccoli are jam-packed with vitamins and nutrients such as magnesium which helps improve energy and mood balance.

Avoid Caffeine fixes!

When your brains getting tired its easy to fall into a caffeine fix, stimulants such as coffee, cola and chocolate, will give you a quick fix, however this will leave you feeling more depleted when the rush wears off!

Drink plenty of water, and diluted fruit juices, herbal teas such as green tea with ginkgo are great brain boosters.

Diva's Brain Boosters

Herbal tinctures such as Ginkgo, and Rhodiola added to your juice are marvelous herbs to help improve mental clarity and concentration. Rhodiola also helps to support your energy and stamina during times of stress.

Taking a good daily multivitamin and mineral such as Viridian's High 5 multivitamin and mineral, which is rich in vitamin B 5, an important anti stress nutrient, ensures your have optimum levels of nutrients when you need them the most.

Combined with Viridian's Alpha Lipoic Acid (ALA) and DMAE complex. Rich in antioxidant nutrients the combination of ALA and DMAE is recognised for improving brain function, improving memory, ability to think clearly and its problem solving abilities. (not suitable for epileptics or sufferers of bipolar disorder).

Relaxation Musts!

Getting a good nights rest, you are still growing and you need at least 8 hours sleep for your brain to function properly!

If you feel overwhelmed talk to your teacher or your mum, and dad, everyones on your side, even the examiner is looking to give you marks so just do your best!

Good luck, love the Diva x