



The Christmas holidays not only offer you a chance to relax and unwind, but also an opportunity to prepare and make a positive start to the new year.



Re-visit studied material

Starting the revision process early makes preparing for your exams less stressful.

Take time to exercise

Not only does exercise bring physical health benefits, research has also shown that it can improve mood, as it causes the release of endorphins, which trigger positive feelings.

Create healthy routines:

Eat a healthy breakfast

In a recent study, it was found that students who skipped breakfast or only had an energy drink performed worse in attention and memory tasks when compared to those who had eaten breakfast.

Improve self-awareness

Students who are self-aware tend to act more consciously. Meaning that they make better decisions, have a more positive outlook on life and higher levels of well-being.

One way that you can improve your self-awareness is through evaluating your strengths and weaknesses. Being aware of these means that you can work on your weaknesses and seek help to make necessary improvements.

Set goals for the new year

Setting goals has a positive impact, helping you to improve your effort, attention and persistence.

Relax

Whilst a little stress can improve performance, too much stress can become debilitating and have detrimental effects on well-being. It is important that you set aside some days to relax and unwind.