



Studying, Exams & MENTAL HEALTH

Care for your mind. Maximize your study potential.

During exam season, it's easy to become so busy that we forget to take care of our most important asset, our minds! It might seem counterintuitive, but to be at our cognitive best and cram all of that knowledge in, **we need to prioritize and make time for our mental health** as well. Below are some gentle self care reminders to increase productivity and decrease burnout during these busy times.

BRAIN FOOD

Snacks to Boost Energy & Focus

Without a healthy diet, it is difficult to concentrate, pay attention, remember & learn. To optimize brain function and study efforts, remember to give your brain the fuel it needs.



AVOCADO

Excellent source of lutein, a carotenoid that may help improve mental performance.



BERRIES

Rich in anthocyanins and flavonoids, that may enhance mental performance and memory.



ALMONDS

Packed with nutrients essential for brain health, including vitamin E and zinc.



WATER

Essential in neurological transmission, hydration directly affects mental performance and learning.



EGGS

Particularly rich in nutrients for brain function & memory, including B12, choline, and selenium.



DARK CHOCOLATE

Loaded with flavonoids which may reduce mental fatigue, improve brain blood flow, & boost memory.



GREEN TEA

Combo of caffeine and L-theanine, that can help boost brainpower & induce a state of calm and focus.



SALMON

Rich in Omega-3s, essential fatty acids for optimal brain blood flow, health & function.

PURPOSEFUL BREAKS

Purposeful breaks from studying refresh your mind & increase your energy, productivity, and ability to focus.

A FEW MINUTES

Every Hour

A FEW HOURS

Every Day

A DAY

Every Week



HYDRATE



GO OUTSIDE



REFUEL



MOVE



RELAX



SOCIALIZE



RECHARGE

GET AT LEAST **8 HOURS OF SLEEP**
TO MAXIMIZE FOCUS, LEARNING & MEMORY.