

SELF-CARE & SLEEP

Another topic that we're discussing in the counselling room in the lead up to exams is self-care.

There is a theory that says we should be able to roughly divide our day into 3 parts: 8 hours of sleep, 8 hours of work and 8 hours of self-care. I imagine I'm not alone with the shock of supposedly being able to spend 8 hours a day on self-care but how many of us even allow 1 hour for this - 1 hour to do an activity that we enjoy that helps with our personal well-being? This doesn't mean spending an extra hour in bed at the weekend scrolling through our phones! It needs to be a mindful activity that we are doing for the purpose of 'time-out'.

Connecting with friends and family can be a really simple example of this, as is ensuring fresh air on a daily basis. Factoring these activities into our daily routines and taking some time out, can be really beneficial in the lead up to exam stress.

For some, 8 hours of sleep can also sound like an unrealistic request, however, getting an early night, especially the night before an exam, really can make all the difference. Verywellhealth.com suggests that a 16 year old needs between 8-10 hours sleep per night in order to function properly. I have included a poster that is on display in the counselling room, highlighting the dos and don'ts for a good night sleep.

The build-up to GCSEs can be a stressful time for students and their families. Trying to encourage your children to schedule self-care time in between revision, not only helps them to feel calm, but research has shown that it also helps to consolidate the knowledge and information that they are taking in.

Best of luck Year 11s. We're all here for you!

Carolyn Humby
School Counsellor

