

What helps my brain when stressed

It can be difficult to focus on school work during a stressful time. This is because our brains are in a state of alert because of the stress. This makes the brain stressed and working harder than usual. You may be feeling emotional, more tired than normal, struggling to sleep and struggling to focus. You may be having a hard time concentrating on school, and maybe you find you are not as productive as you have been before. Or you may be feeling more anxious about school work. This is normal. You should not feel guilty! It can be frustrating, but it is not your fault. It is a normal brain reaction, and it won't last forever. A lot of people are going through the same thing.

Drink water often

Staying hydrated helps our brain stay more focused and can help our attention span.

Listen to music

Instrumental, classical music can help you focus while studying. You can also put on your favourite tunes and dance on your chair while doing school work!

Nice smells

A relaxing smell can help calm the brain. You can have some flowers at your desk, a candle, or essential oils in a bowl.

Positive Affirmations

Remember, it is normal for your brain to be stressed right now. It is not your fault. Whenever you're struggling, try to repeat some positive words, like "I am safe" or "this will pass". You can also write positive words on paper and put them up on your wall, so you can read them when you most need them.

Limit screen activities

Throughout your day try and plan activities that do not involve using a screen. For example, cooking, yoga, going out for a walk or reading.

Take breaks

Walk away from your desk, stretch your legs and look away from your screen or your school work often - every 20 minutes if possible.