

Keeping Healthy During Exams

What to do

- Manage your stress
- Drink plenty of water
- Get 8 hours of sleep a night
- Take regular breaks
- Be aware of your posture
- Eat well-balanced healthy meals
- Make time to keep exercising - exercise increases blood circulation around the body and to the brain, keeping the mind alert

What not to do

- Don't sit in one position for more than 45 minutes
- Don't pull an all-nighter - lack of sleep causes lack of concentration and reduced memory retention
- Sleep can also be negatively affected by sugar and caffeine use, especially after 5pm
- Using electronic devices 90 minutes before bed time stimulates brain activity which can affect your sleep

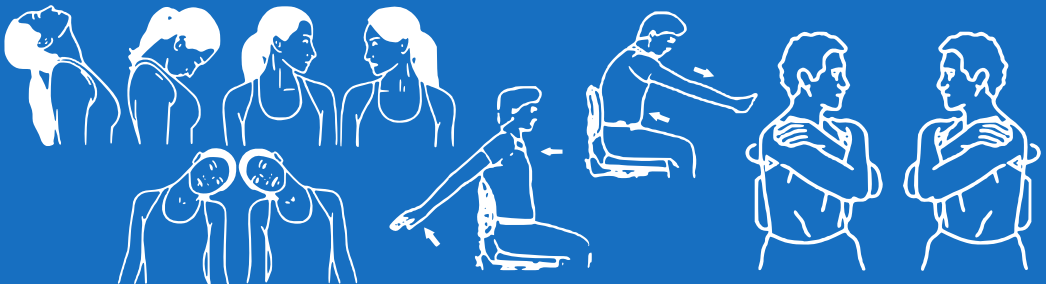
Tension Headaches

These are also called "stress headaches" as they often occur during stressful times or as a result of tight muscles in the head, neck and shoulders. Sometimes there is no reason at all. Headaches range from mild to severe and can last from 30 minutes to a few days. They feel like a tight band/pressure often around both sides of the head and sometimes extending over the forehead, back of the head and into the shoulders. These headaches shouldn't keep you from activities and can be aided by mobility, stretches and physiotherapy



Tips on controlling postural stress during exam learning

Perform the following mobility and stretching exercises 2-3 times per day. Stretches can be held for 30 seconds each, 2-3 sets. Exercises can be repeated 10 times, 2-3 sets. Never exercise into pain



Physiotherapy is effective in managing stress, postural pain, and tension headaches.

HG | **HOLROYD
GOODENOUGH
& PARTNERS**
PHYSIO

La Lucia: 031 562 9064
Hillcrest: 031 764 2918
Pinetown: 031 702 5975
Umhlanga: 031 941 1998
Moses Mabhida: 031 940 5556
Hillcrest Hospital: 031 768 8387
Gateway Hospital: 031 492 1268