

Food For Thought

Be cautious of 'crash' foods – these contain caffeine, alcohol, lots of sugar. E.g. Chocolate, coffee, energy drinks. You may get a short term fix but your energy and concentration levels will plummet afterwards!

A 2% drop in body water can trigger fuzzy short-term memory, trouble with basic Maths and difficulty focusing on a computer screen or printed pages. Lack of water is the number one trigger of daytime tiredness!

Try to make a habit of getting to sleep at roughly the same time every night. Your body will then learn to start winding down automatically at this time.

Vegetables and wholegrain foods are cool! They help to calm a 'stressy stomach' and also help to produce the feel-good hormone serotonin.

Be easy on yourself! There is a lot of pressure these days to look good, eat healthy and be fit; remember that you are OK just the way you are – chocolate, exercise, a little bit of everything some of the time isn't going to change that!

The pressure may be on with so many things right now, ease your own pressure by letting yourself eat what you want without guilt. Cutting out 'treats' will only make you want them more. Remember – a bit of what you fancy does you good!

Some exercise through the day will help you let 'stress' out and make you more sleepy at the end of the day. Core PE lessons are your friend!

Trouble sleeping? Did you know that worrying about not sleeping is one of the main reasons that people find it hard to sleep! This is called Sleep Anxiety. We all have times when it is hard to sleep and that is completely natural. It may help to read a book for a while, try some relaxation exercises (see school website) or get up for a short while and then go back to bed.

Worried about your eating/sleeping habits? Talk to someone! This in itself will help reduce the stress or anxiety you feel. Remember, it is a strength to ask for help!

Spud Fact – A jacket potato has enough carbohydrate in it to relieve the anxiety of a stressful day!