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Self care doesn't have to mean taking bubble baths or having a massage. Use the checklist below to make sure you are practising basic self-care in the weeks around your exams and revision period!

-  **Sleep:** Aim for 8 hours a night and create a positive bed-time routine - set a bedtime and use the hour before as a 'wind-down' period. Limit your exposure to blue light by putting your phone and other electronics away, as this can disturb your sleep.
-  **Move:** Factor in some time for moving about each day (e.g. a 10 minute stretch, taking the dog for a walk, football game)
-  **Recharge:** Leave some time to recharge each day (e.g. reading, gaming, drawing, watching your favourite TV program)
-  **Connect:** Try to connect with someone each day, whether it's giving someone a hug or sending a meme to a friend.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	   	   	   	   	   	   	   
WEEK 2	   	   	   	   	   	   	   
WEEK 3	   	   	   	   	   	   	   

EXAM SELF-CARE CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 4	   	   	   	   	   	   	   
WEEK 5	   	   	   	   	   	   	   
WEEK 6	   	   	   	   	   	   	   
WEEK 7	