**Self-management**

**Summary of students' contributions**

**Draft February 2014 - final version April 2014**

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| **YES** | **NO** |
| **Nutrition and hydration**  Drink more water; keep water with you; keep hydrated  Eat wholesome non-processed food - simple, inexpensive items such as rice, fresh vegetables, fresh or tinned fish and eggs.  Complex carbohydrates, "good" fats and some protein - all good.  Fill your fruit bowl with fruit and nuts; then just take a little at a time; pick out other healthy snacks and have them easily available  **Exercise**  Keep the body moving; walk in the park every day; use the stairs not the lift; go to a gym if you can; do stretches; SWIM or BICYCLE if possible  Walk instead of the bus and walk during your breaks  **Sleep**  Plan your sleeping and keep to a regular routine  Get enough sleep - on no account stay up all night, either studying or doing anything else  **Find a study-buddy**  Listen to positive stories from study partners | **Nutrition and hydration**  Avoid alcohol, including nightly glass of beer  Omit or limit caffeine  Avoid "fast" food which is low on nutrients, vitamins and fibre  and full of additives and "bad" fats  Cut out chocolate  Try to eat enough so you are not hungry (hunger is depressing and de-motivating)  **Exercise**  Don't sit down for too long  No lolling round on the sofa  No slouching with hands in pockets  **Sleep**  Don't stay in bed late or sleep for too long  **Cigarettes, drugs or other addictions**  NO NO NO !!! If you need to go to a withdrawal programme then GO  Avoid addiction - to anything! |

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| **YES** | **NO** |
| **E mails**  Do them in systematic batches  and then ignore them until the next day; answer e mails very briefly, immediately, so you don't get a big pile-up of unanswered correspondence  Read e mail updates about clinical subjects  **TV**  With discretion - and not too much - set a specific time control, say half an hour per day - watch the news, selected documentaries and some drama programmes; then discuss these with friends and family at a planned time  **Reading**  Enjoy non-medical reading - try a historical novel or a magazine  Make reading a habit  **Organisation (domestic and personal)**  Tidy the house and make your bed properly, every day, as soon as you get up  Shave and keep hair neat and short (men)  Care for your hair, face and body with love and respect (whatever that means for you - women and men) | **Facebook**  Set specific times for facebook and other social networking - and stick to them!  **TWITTER**  Similarly restrict twitter so as to keep its use positive and not addictive; only go to it outside study times  **TV**  Avoid mindless gogglebox watching or depressing yourself by seeing too many upsetting news stories  **Reading**  Don't overdo cramming for the exam - your brain will overheat with too much reading and will eject surplus information - avoid tabloids and poor quality  magazines  **Organisation (domestic and personal)**  Don't ever think: "I won't bother" - care for your home and yourself - two most precious resources  Never lose your self-respect; ask for help if you feel you are slipping  At the same time - don't over-do it and become obsessively tidy |

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| **YES** | **NO** |
| **Your spirit**  **PRAY**  Foster and share laughter  Ring your family regularly  Love and be loved  **TIME**  One thing at a time  Prioritisation  Take regular breaks  MINDFULNESS  Have a plan  **SURROUNDINGS**  Go on trips and holidays - change your surroundings  Pick your learning study location carefully - make it as quiet and pleasant as possible  Cut out noise  Keep coming to Reache so you can be surrounded by comrades, friends and supportive teachers  Go to the library  Enjoy lovely scents and fragrances such as patchouli and sandalwood; burn joss sticks  **HEALTH**  Register with a GP and a dentist and go for check-ups | **Your spirit**  STOP THE GUILT  Do things that will minimise isolation and feeling depressed  Never put yourself down  **TIME**  Don't multi-task - you will get confused and do everything badly  Don't study for hours and hours  Avoid brain overload  **SURROUNDINGS**  Do not spend too much time alone  Do not listen to the "jargon" or negative vibrations  **ATTITUDE**  Identify activities which put you in the right frame of mind - these will be personal to each person  **HEALTH**  Do not avoid asking for help; do not be afraid about speaking up, including about mental health issues |