



# Year 12 Students' Wellbeing

Are you a teacher, parent or guardian of students embarking on their Year 12 final year?

Imagine an ideal scenario where students know how to find a balance between school and homework with their health and wellbeing alongside other commitments such as sport, work, social life, family, and other non-school responsibilities.



For many Year 12 students, being prepared mentally, emotionally, and physically will be just as important as being prepared academically.

So, here are some tips (around resilience, study, exercise, sleep, diet, and motivation) that hope to improve the journey and reduce the stress levels this group of young people experience.

Try and find a balance for their commitments between family and friends, part-time or casual work, and staying fit and healthy (mentally and physically).

**Here are 10 areas/ideas to practise self-care:**

**1. Stick to a sustainable study schedule.**

- Don't burn out and remember the year is a marathon, not a sprint.
- Scheduling realistic study patterns is more efficient than trying to cram lots into a short period.

**2. Schedule in some down time, relax and switch off.**

- Whilst studying and prepping for exams, some rest and relaxation is important for physical and mental health.
- Such dedicated time will give muscles a break and will relax the brain and aid concentration.

**3. Set goals and priorities.**

- A timetable may help.
- What's your plan for the week?

**4. Connect with a 'study buddy' or set up a study group.**

- Small groups can work well and help keep your child motivated and engaged.

- Study groups can create an opportunity for extra discussion, a chance to test each other, or a reward for study time spent.
- Study sessions can be before or after school, and about an hour is great time spent.

**5. Find time to Exercise regularly and or get some sunshine/outside.**

- Vitamin D is a pro-hormone that is beneficial for your bones, immune system and other bodily functions and it also just makes you feel happier and healthier.
- Do something to increase your heartrate / something physical. Get those endorphins going for a rush of happiness, to increase clarity and broaden your perspective.



**6. Get plenty of sleep.**

- If it's hard to get to sleep, try some stretching and deep breathing exercises.
- Try to get at least eight hours of sleep every night.
- Try to keep routine with the times you go to bed and get out of bed consistent.

**7. Don't be afraid to unplug.**

- Try and limit time on social media,
- Leave your phone in another room removing the distraction.
- Put your phone away (or on silent) at least an hour before you go to bed.

**8. Fuel well.**

- Nourish your body and your mind.
- Whilst sugary and junk food are comforting, they are not great for sustainable sleep as they create highs and lows in your mood.

**9. Reach out to your support network & stay connected, particularly if overwhelmed.**

- Are you aware of the available access to support from your school?
- Do you know who that support is and how to contact if you need?

**10. Practice gratitude.**

- Verbally congratulate yourself after periods of study, each day write down 3 things you are grateful for.
- This is a great way to increase your positive thoughts as well as reminding yourself how much you've got going for you outside of exams.
- Practice daily positive affirmations.

Remember the students need to be kind to themselves (and others), they can access other resources of support online or reach out for additional support via the school.

As we know, during challenging times we are better together, so stay in touch, look out for each other, and stay connected.

Find a balance, stick to a routine, and enjoy all the final year at school offers, as it goes really quick.