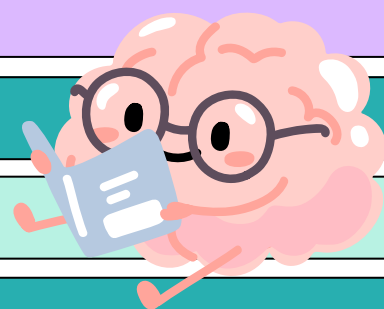


EASTER TERM

Whether you have exams or large deadlines looming, this time of year brings extra pressure. While it's tempting to hole up and overwork, evidence shows that keeping up with routines, hobbies, and fun are **essential for good brain functioning & high performance**. Use this Boost Your Brain passport as a helpful guide and extra incentive to practice good brain & body care. Collect stamps for each nourishing activity you join this term & record what you've learned for the chance to win a prize!

Submit to Fiona (Student Wellbeing Advisor) by 11 June for entry to prize draw!



ROBINSON COLLEGE

BOOST YOUR BRAIN



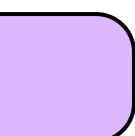
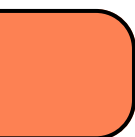
Name & CRSiD:

Prize(s) your interested in:



BOOST YOUR BRAIN

Getting the work done – whether that’s doing research, academic writing, or exam revision – means using your brain *a lot*. In the words of Gareth Hughes, psychotherapist and leading researcher on Student Wellbeing, being a student is like being a high-performance athlete: you use part of your body (your brain) to perform at a very high level, and to achieve that *you have to set up the right conditions for your brain to work well*.



What new or surprising things did you learn from the Boost Your Brain resources and want to remember?

Changing or starting new habits is a lot of work for your brain so it’s best to start small and slow - what strategies do you want to try first, what do you think would help them stick, and how do you think they’ll help?

What information or advice from trying to boost your brain throughout this term would you want to share with someone else?



BOOST YOUR BRAIN PASSPORT

Date & stamp of activity leader

Log a fun moment, something you learned, or how you felt after the activity

