

**Self-management**  
**Summary of students' contributions**  
**Draft February 2014 - final version April 2014**

<b>YES</b>	<b>NO</b>
<p><b>Nutrition and hydration</b>            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</p> <p><b>Exercise</b>            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</p> <p><b>Sleep</b>            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</p> <p><b>Find a study-buddy</b>            Listen to positive stories from study partners</p>	<p><b>Nutrition and hydration</b>            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)</p> <p><b>Exercise</b>            Don't sit down for too long            No lolling round on the sofa            No slouching with hands in pockets</p> <p><b>Sleep</b>            Don't stay in bed late or sleep for too long</p> <p><b>Cigarettes, drugs or other addictions</b>            NO NO NO !!! If you need to go to a withdrawal programme then GO            Avoid addiction - to anything!</p>

YES	NO
<p><b>E mails</b> 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</p> <p><b>TV</b> 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</p> <p><b>Reading</b> Enjoy non-medical reading - try a historical novel or a magazine Make reading a habit</p> <p><b>Organisation (domestic and personal)</b> 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)</p>	<p><b>Facebook</b> Set specific times for facebook and other social networking - and stick to them!</p> <p><b>TWITTER</b> Similarly restrict twitter so as to keep its use positive and not addictive; only go to it outside study times</p> <p><b>TV</b> Avoid mindless gogglebox watching or depressing yourself by seeing too many upsetting news stories</p> <p><b>Reading</b> 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</p> <p><b>Organisation (domestic and personal)</b> 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</p>

YES	NO
<p><b>Your spirit</b>  <b>PRAY</b>  Foster and share laughter  Ring your family regularly  Love and be loved</p> <p><b>TIME</b>  One thing at a time  Prioritisation  Take regular breaks</p> <p><b>MINDFULNESS</b>  Have a plan</p> <p><b>SURROUNDINGS</b>  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</p> <p><b>HEALTH</b>  Register with a GP and a dentist  and go for check-ups</p>	<p><b>Your spirit</b>  <b>STOP THE GUILT</b>  Do things that will minimise  isolation and feeling depressed  Never put yourself down</p> <p><b>TIME</b>  Don't multi-task - you will get  confused and do everything  badly  Don't study for hours and hours  Avoid brain overload</p> <p><b>SURROUNDINGS</b>  Do not spend too much time  alone  Do not listen to the "jargon" or  negative vibrations</p> <p><b>ATTITUDE</b>  Identify activities which put you  in the right frame of mind -  these will be personal to each  person</p> <p><b>HEALTH</b>  Do not avoid asking for help; do  not be afraid about speaking up,  including about mental health  issues</p>