Sleep
- You need: 7-9 hrs.
- What it does:
  - Creates memories
  - Boosts concentration
  - Lowers stress
  - Improves mood
  - Prevents disease
- Tip 1: 20 or 90 min. nap
- Tip 2: Use sleep routines & turn off screens for good sleep hygiene.

Exercise
- You need: 30 min./day, 4-5 hrs./week aerobic
- What it does:
  - Makes BDNF protein ("Miracle Gro for the Brain")
  - Boosts concentration
  - Lowers stress
  -Improves mood
- Tip 1: Exercising 4 hours after new learning improves recall.
- Tip 2: Learning a new complex physical skill produces new connections in the brain you can use for other learning.

Food, Water, & Nature
- Food: Brain starved for energy = more effort & less results. You need:
  - Regular meals
  - Proteins, whole grains, fruits/veggies
- Water: Even mild levels of dehydration affect school performance. Try:
  - Drinking when thirsty
  - Drinking water when possible
- Nature: Has dozens of long-term mental/physical health outcomes:
  - Just looking at a green landscape lowers heart rate and transitions you from fight/flight to tend/befriend.
  - Boosts levels of natural killer cells (type of white blood cell) in your bloodstream.

De-Stress
- What stress does:
  - Interferes w/ learning & memory
  - Can’t problem-solve or seek creative solutions (fight/flight)
- De-Stress Right Now:
  - Square breathing
  - Count backwards from 10/Staircase
  - Progressive Muscle Relaxation
  - STOP (Stand, Tune-In, Observe, Possibility)
  - Olivia Remes’ TED talk: Do it badly, Forgive yourself, Wait to Worry
- De-Stress Long-Term:
  - Time management, makes possible...
  - Spaced studying (double effect – learn it better, lower stress)
  - Learn & practice mindfulness
  - Sleep, exercise, nature
References


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