



Exam Season

Revision tips for people
affected by EDs / in recovery

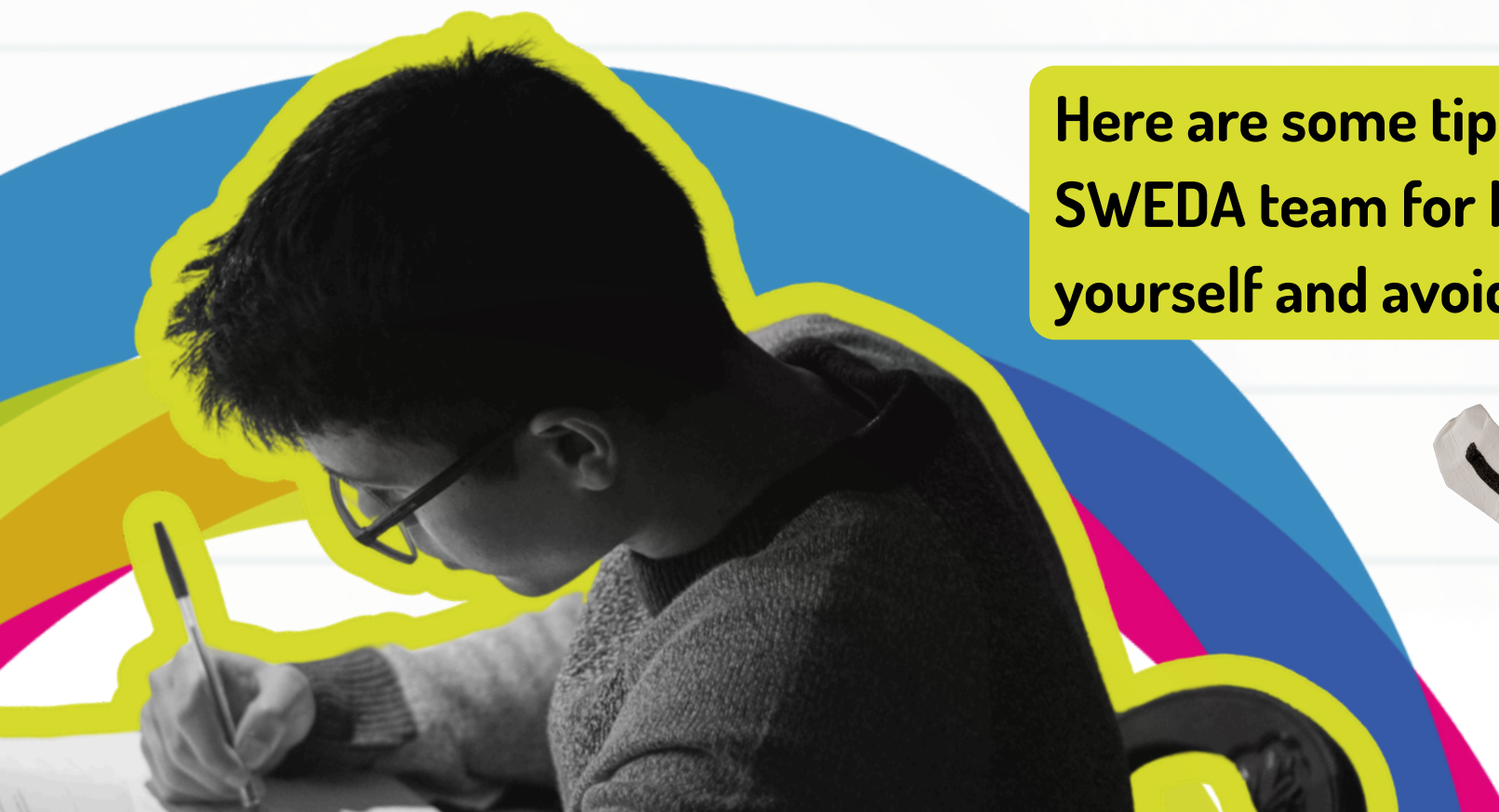


It's nearly exam season...

...And if you have an eating disorder, or are in recovery, you might be feeling worried.

It might feel like a lot, trying to balance the need to get revision done with looking after yourself and coping with extra stress.

Here are some tips from the SWEDA team for looking after yourself and avoiding burnout



1) Create a bedtime routine

Science tells us that getting good, regular sleep can make a big difference to what our brain can handle.

Not getting enough sleep makes it harder to deal with stresses like revision and ED thoughts. Good sleep also helps your brain learn and remember!



Aim for 8-9 hours of sleep every night



Try to go to bed and wake up at the same time each day



Avoid using your phone just before bedtime



2) Food and water

For your brain to be at its best, it's essential to make sure it is fed and watered. If you're handling revision stress and navigating an ED or recovery, it might feel a lot harder to do this. Remember, you deserve a healthy, cared-for body and mind.



Aim for 2-3 litres (8-10 cups) of water each day



Stick to your meal plan or recovery eating plan if you have one, or ensure you eat something every 2-3 hours



Eating well needs to be a priority, not just an afterthought. Think about how you will maintain this.



3) Clear, realistic goals

Aim for a revision routine that is manageable.

Focus on regular, short bursts of revision, rather than cramming, to avoid getting overwhelmed.



Study in 20-30 minute slots with regular breaks



Maintain focus on one thing at a time to avoid overwhelm, for example 'this evening I will just focus on Maths'



Take real breaks: maybe take a gentle walk, play an instrument, draw, chat with a friend, or cuddle with a pet



4) Stay motivated

If it's feeling hard to make a start, try out different ways to make it feel more interesting and less like a chore.



Study with friends to boost morale



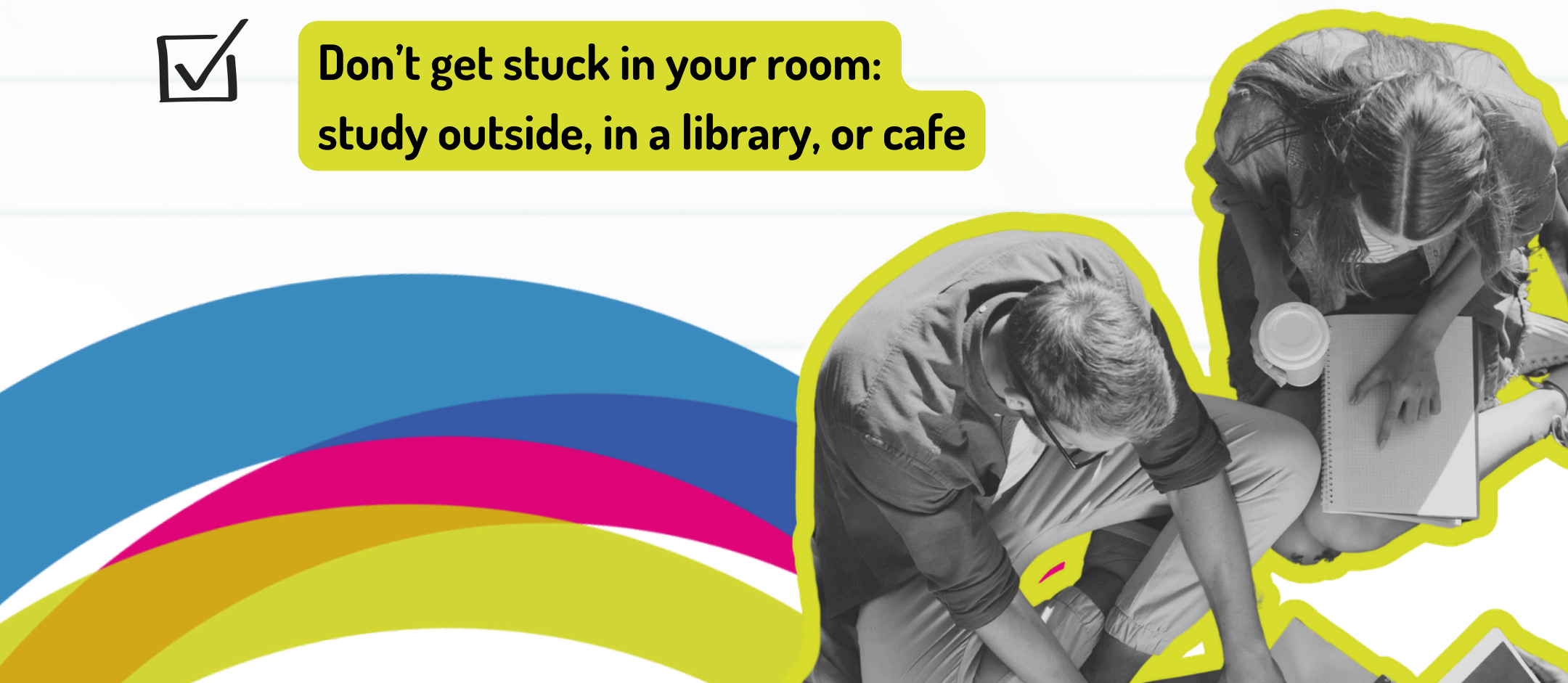
Try getting crafty with posters, flashcards, colour-coding



'Game-ify' learning by creating memory games or a star chart to track your effort



Don't get stuck in your room: study outside, in a library, or cafe



Remember, you've got this

Focus on the process, rather than just the grade at the end:

“I'm proud of how hard I am trying.”

“My self-worth isn't based on a number.”

“Looking after myself is a top priority.”

Stay tuned - we'll be sharing more tips for the exam season over the next month.

