

## Sun God Says ...



### Ways to Increase Retention and Performance on Finals

#### Catch some Z's to get those A's!

- Seven to nine hours of sleep **aids memory, processing of information, and increases alertness.**
- Power nap for 20-30 min. max. **Improves alertness and performance.**

#### Fuel your body and brain!

- Eat breakfast of protein & complex carbs.
- Fruits, veggies, whole grains, & lean protein **improves blood circulation to the brain.**
- Avoid sugar & too much caffeine, **to avoid a temporary "high" and "crash" of energy and mental function.**
- Carry healthy snacks: fruits, nuts, yogurt, or whole grain crackers with peanut butter.
- Stay hydrated **to help you focus.**

#### Get moving!

- Exercise daily to **improve alertness, engagement, learning, and mood.**
- While studying, set an alarm for every hour. Take a 2-3 minute stretch break/get fresh air.

#### Remember to breathe!

4x4x6: **Calm yourself and refocus**

- ◇ Inhale slowly, deeply to the count of 4.
- ◇ Hold the breath for 4 seconds.
- ◇ Exhale slowly to the count of 6.

