



# YOUNG PERSON NEWSLETTER



ST LEGER HOMES OF DONCASTER



## Health and Wellbeing

By Stacey Lynn

It is the time of year that young people across the Borough will be getting ready for exams. It is important to remember our health and wellbeing at such time, to make sure that we take time for ourselves, have regular breaks and relax.

What do you know about your own health and wellbeing? Do you know when you are feeling run down or stressed? Positive health and wellbeing is making sure you are in a good place, physically, mentally and emotionally. Life can be stressful and hard work, so taking 5 minutes out of your day can make a huge impact on your health. Making sure that you have someone to talk to, sharing with someone is a great stress reliever and can do you the world of good. We all manage stress very differently but here are some top tips to ensure you have positive mental health, which in turn will maintain good health and wellbeing.

- \* Get plenty of sleep
- \* Eat well
- \* Avoid smoking, drugs and alcohol
- \* Get plenty of sunlight (I know this can be hard at this time of year)
- \* Manage stress (you know how to deal with your stress, you know yourself and if you need help ask! People will always be there to help.)
- \* Activity and exercise
- \* Do something you enjoy
- \* Connect with others and be sociable
- \* Do things for others
- \* Ask for help

There are lots of ways to improve your health and wellbeing, and we all need to have a go at taking more time out for ourselves. So why not set yourself a small challenge - take 5 minutes out every day to do something you enjoy, to have a cup of tea or talk to a friend. I am sure when you start, you will begin to feel better and move forward to doing more and more positive actions for your positive health and wellbeing.

# Revision Techniques

By Stacey Lynn

For many of you it is that time of year that the revision starts, as you get ready for your exams, whether it be your GCSEs, A Levels or any others. Here are some top tips on managing your revision, some useful techniques and advice on how to help you to get ready for your exams and get the results you want.

Here are some of the top revision technique tips you can use:

- \* Start Early
- \* Work Out What Type of Learner You Are
- \* Create the Optimum Learning Environment
- \* Be Strict
- \* Practice Practice Practice

There are lots of ways to revise, whether you like a mind map, flash cards, cue cards, watching videos, sticky notes all over the place - anything that you like make sure you do it. If you are able to use varied methods of revision then you are more likely to enjoy the revision, therefore will get more out of it, learn more, retain more and then be able to do well on the day. Go online to find out best ways, or speak with someone a teacher, a friend or student to help you if you need it.

I wish you all the luck with your revision and future exams.



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**REVISION**

If you want to get involved, write an article or share a good news story then I can't wait to hear from you.

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