**Fuel Your Body**
Skip fatty foods and sugary snacks in favour of fruit and veg. They’ll give the sustained energy you need. Keep hydrated with plenty of water too.

**Move Around**
It’s proven that exercise reduces tiredness and stress and increases productivity. Taking a break to move around is great for your brain and your body.

**Use the Clock**
Get started early, don’t make revision your whole day. Evidence shows shorter spells keep your concentration high. Plan regular breaks and don’t spend your whole day at a desk.

**Find the Right Sound**
Music can help some people but hinder others. Try music without words or even white noise or soundscapes. Avoid music that will distract you or make you want to sing along.

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**Revision Tips**

**Revise for Better Health**

- **Eat well**
  - Include fruits and vegetables in your diet.
  - Avoid sugary and fatty foods.
- **Move**
  - Exercise regularly to reduce stress and improve productivity.
  - Take breaks to move around and rest.
- **Get enough sleep**
  - Aim for 7-9 hours of sleep per night.
- **Hydrate**
  - Drink plenty of water throughout the day.

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**How to Revise Effectively**

1. **Make a Plan**
   - Create a revision timetable that includes time for breaks and leisure.
2. **Use the Clock**
   - Work in blocks of time, taking short breaks in between.
3. **Find the Right Sound**
   - Use music, white noise, or soundscapes to help with focus.
4. **Reward Yourself**
   - Celebrate small milestones with a reward.

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**Queen Mary Over the Christmas Break**

To recognise that Queen Mary is asking students to revise over the Christmas vacation period, the University has reviewed what support is available to students after the end of teaching on Friday 16th December through to the beginning of the January exam period on Tuesday 3rd January 2023.

**Christmas Support Services**
Please find a list of support services available over Christmas on this webpage: [webpage link]

**Mile End Library**
Mile End Library will have the following opening hours over the Christmas vacation period:
- Thursday 22 - Saturday 24 December - 10:00-22:00
- Saturday 25 - Monday 27 December - CLOSED
- Tuesday 28 - Saturday 31 December - 10:00-22:00
- Sunday 1 - Monday 2 January - 10:00-22:00
- From Tuesday 3 January - 24/7 from 08:00

**Help in a Crisis**
For advice and guidance about how to access help and support in times of crisis, please visit this page, which is hosted by our Advice and Counselling Services: [webpage link]

**Advice and Counselling Service Out of Hours Support**
The Advice and Counselling Service will close on Tuesday 22nd December and reopen on Tuesday 3rd January.

**Student Health Service**
The Student Health Service will be closed from Friday 16th December and reopen on Tuesday 3rd January 2023. The main Surgery will be open throughout the Christmas holiday period, bar Public Holidays. For more info: [webpage link]

**Togetherall**
Queen Mary students going through a tough time can access free online support with Togetherall. Whether you’re struggling to sleep, feeling low, stressed or unable to cope, Togetherall can help you get support, take control and feel better.

You will have access to a 24/7 online community and professional support from trained counsellors. Togetherall provides a safe space online to get things off your chest, explore your feelings, get creative and learn how to self-manage your mental health and wellbeing.

Togetherall is totally anonymous, so no one will know you’ve chosen to use it unless you tell them!

To join Togetherall, simply go to [website link] and sign up under Queen Mary University of London with your university e-mail address.

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**Notes**

- **Smart Drugs?**
  - They make some people perform worse than they usually would and if you didn’t get them from a doctor the side effects aren’t looked at.
  - Long term effects are relatively unknown. Avoid them.

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**Remember,**
Togetherall is available anytime and anywhere.

24 hours a day, 365 days of the year.

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**Exam Planner**
**January 2023**

**Reward Yourself**
Find the right balance between study and leisure. Take a cinema trip with friends after a productive day of revision. Work hard but play a bit too.

**Get Your Rest**
A car doesn’t run on no petrol and you don’t run on no sleep. Give your body what it needs and get a good night’s rest, especially the night before exams.
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All of the events below are FREE, please visit [studenthealth.qmul.ac.uk/study-well](http://studenthealth.qmul.ac.uk/study-well) for more events, information and booking links.

**Student Life**

- **14th Dec 11am-2pm** - Pick, Paint and Plant, Bloomsley 1 and 2, Students’ Union Hub
  A come along to Pick, Paint & Plant where you'll be able to add a touch of nature to your room! It's simple: Step 1 - Pick your cactus or succulent. Step 2 - Paint your pot. Step 3 - Plant and viola! Please note - one plant per person.

- **11th Jan 1pm-3pm** - Mobile Petting Zoo, Bloomsley 1 and 2, Students’ Union Hub
  Come have a break and improve your wellbeing with our mobile petting zoo! Featuring as guest stars: Bunnies, Guinea pigs, Hedgehogs, Dogs, Cats and more!

**HSS Sport**

- **14th Dec 2.30-4.00pm** - Pop-Up (December), Library Square
  Take a break from your desk to play some badminton, table tennis, corn hole and tennis in Library Square! We provide all of the equipment and you can get involved for as long or as little as you like. Physical activity is proven to boost mood and improve academic performance so take a break and get involved.

- **4th, 11th, 18th Jan 2-3.30pm** - Pop-Up, Library Square
  Take a break from your desk to play some badminton, table tennis, corn hole and tennis in Library Square! We provide all of the equipment and you can get involved for as long or as little as you like.

**Wellbeing Walk**

- **14th Dec, 2:00-4:00pm - Study Well Winter Warmers, Library Square**
  Take a break from revision and come get some warm food to help fuel your revision sessions.

- **15th Dec, 12th and 16th Jan 6pm - Study Well Winter Warmers, Library Square**
  Take a break from your desk and come get some warm food to help fuel your revision sessions.

- **14th Dec 11am-2pm - Pick, Paint and Plant, Bloomsley 1 and 2, Students’ Union Hub**
  A come along to Pick, Paint & Plant where you'll be able to add a touch of nature to your room! It's simple: Step 1 - Pick your cactus or succulent. Step 2 - Paint your pot. Step 3 - Plant and viola! Please note - one plant per person.

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  Come have a break and improve your wellbeing with our mobile petting zoo! Featuring as guest stars: Bunnies, Guinea pigs, Hedgehogs, Dogs, Cats and more!

- **26th Jan 12.00-4.00pm - Study Well Wellbeing Fair, Ground Floor in Arts One Humanities and Social Sciences**
  Students are invited to join us for our Study Well Wellbeing Fair. We’ll be running ‘drop-in sessions’ and wellbeing talks throughout the day, with games and refreshments available for you to take a break from your studies.

Visit the Students’ Union Study Well page for more resources and activities.

Welcome to Study Well, a campaign that is designed to help you look after your mental health and wellbeing during this stressful exam season. If this isn’t your first year at Queen Mary, you’ll notice that we’re back at it again with doggy drop-ins and other fun activities to take a break from your studies. Visit [qmsu.org/studywell](http://qmsu.org/studywell)