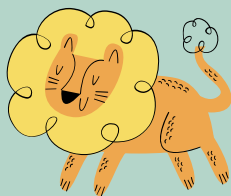


# We win some, we learn some

Strategies in helping our teens become more  
resilient in their journey

# Previously

YH Talks



Terms 1 & 2

Stress  
management and  
study tips

Starting Sem 2 Right



Term 3

How to run this  
marathon

Structures



Terms 3 & 4

Revision plans and  
Structured Study  
Programme

# Habits & Lifestyle tips for our Teens

How do we run this  
marathon?

They are what they eat

01

03

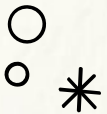
Doing = Being

How not to be a zombie

02

04

Things don't get easier,  
But they will get stronger

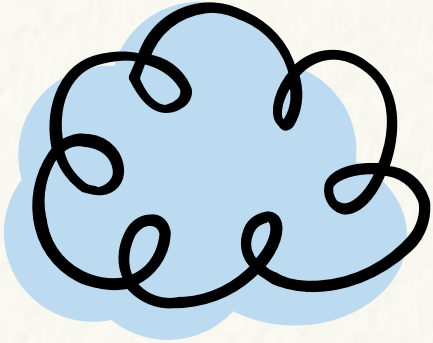
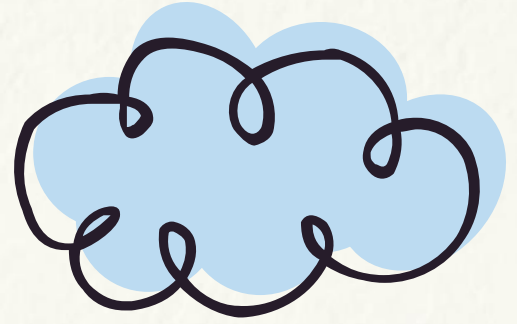


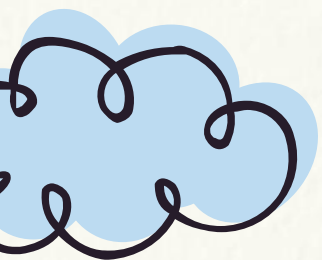


# 01

*They are what they eat*

How food affects their  
abilities and behaviour!





## Consume more of these!

- Berries & Citrus fruits
- Cocoa
- Nuts
- Whole eggs
- Fatty fish & Seafood
- Red, green & orange vegetables
- Water





# Consume less of these...

## Coffee & Tea

Affect sleep as caffeine has a half life of about 5 hours

## Sugary drinks

Affect memory. They also give you a sugar rush, then lets you down hard

## Unrefined carbs

Make you feel sleepy and unable to concentrate

## Fried foods

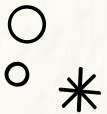
Cause indigestion, breakouts and sore throats


## Junk food

Addictive and leads to breakouts and weight gain

## Cold cut meats

Laden with preservatives and salt which affects growth

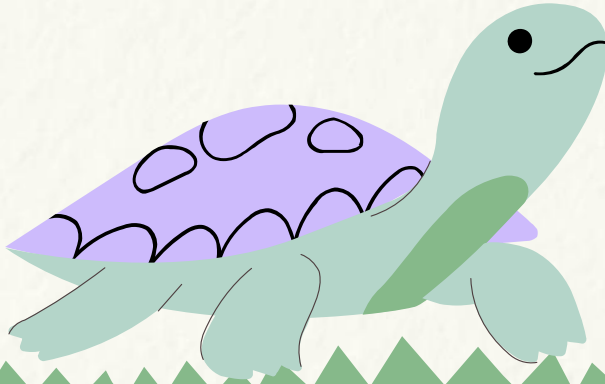
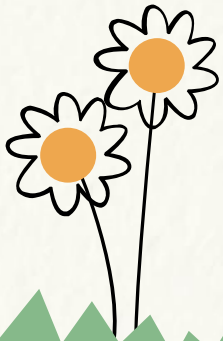




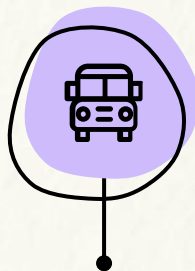
02

*How not to be a zombie!*

#Alive

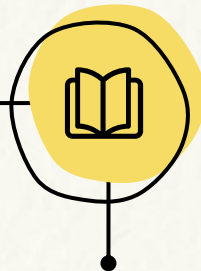


For many of our teens...



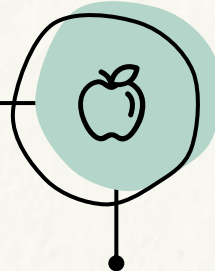
Zzz...

Zombie mode 1:  
On the way to  
school



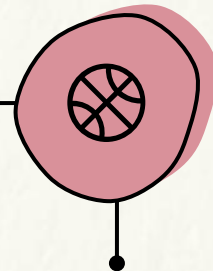
Zzz...

Zombie mode 2:  
Staying alive in  
the classroom



Yay!

#Alive: Time to  
eat and refuel



Super alive

Coming  
completely alive  
when the sun  
and the books  
go down

# What's wrong with being a night owl?

## 1. Morning = learning



New info is taught in the morning



If what has been taught is missed, they'll be forever playing catch up



Essentially, that's wasting time

## 2. All national exams are in the morning



Most exam papers start at 8am



They must be able to function at their best by then



And that requires training. From now...

## 3. Control



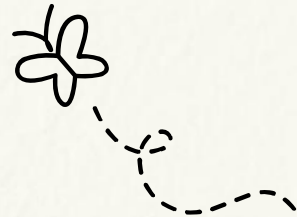
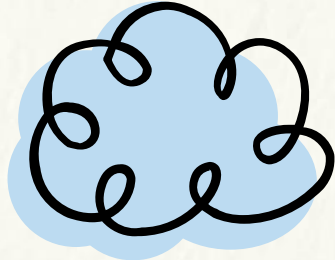
Let's be honest here... At night, time just flies by when we're on our phones/ watching YouTube or Netflix

# 7 Hours

How much sleep they should  
be getting as a compromise  
between

- Studying
- Resting
- Recovering

and still wake up feeling fierce!





# 03

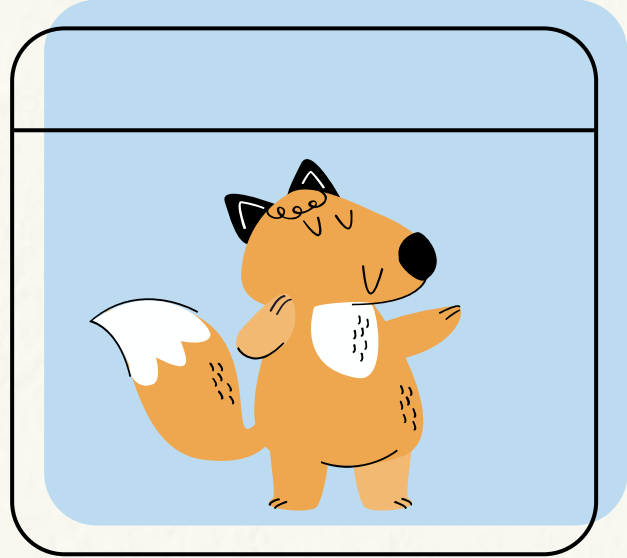
*Doing = Being*

Good habits to achieve success...

# Small things that make a big difference!

## Making the bed every morning

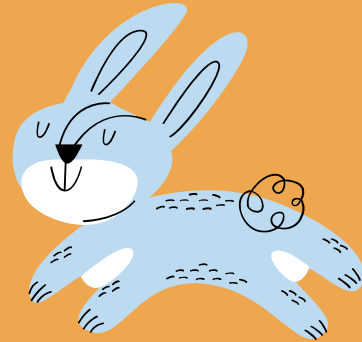
1. It starts off your day right – by not making excuses!
2. It gives you a sense of accomplishment – you've done something already!
3. It makes you feel good – a neat room looks good and lowers stress levels!



# Small things that make a big difference!

## Smiling at others - always

1. It makes you feel good - it releases endorphins and dopamine which elevates your mood and makes you relaxed!
2. It makes you less stressed - your brain releases neuropeptides that fights off stress!
3. It makes you more attractive - people are drawn positively to you

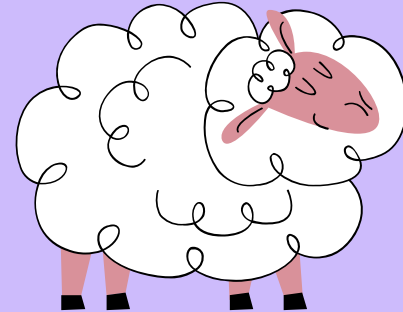


# Small things that make a big difference!

## 2h of screen-free time daily

1. It gives you rest – brain, eyes and fingers!
2. It lowers your stress and anxiety – no worries about if someone has replied/liked!
3. It boosts productivity – do so much more with that time!

## Sheep

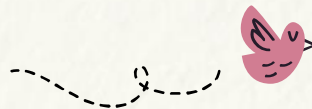
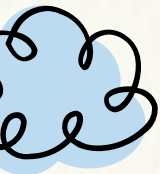


04

Things don't get easier,  
but they will get  
stronger



# The challenges always remain...



01

*So much to study*

The amount of knowledge is a constant. Are you gonna start now?

02

*Stress!!!*

Everyone faces it. The difference is what we make of it

03

*I need a break*

We all need a break. Breaks are good. But it's a break, not a complete stop

04

*So many things,  
So little time*

Draw up a timetable, prioritise, stick to it!

05

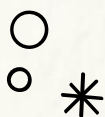
*The phone is my life*

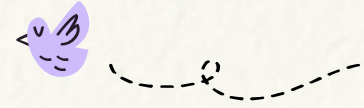
No it's not. I promise you still can breathe, eat, sleep and survive without it

06

*People don't understand*

Your parents and teachers do. We have been through it! Your friends are going through it with you now





# So how can our teens overcome them?

Accept



It's time to  
start studying

Prepare



Get all  
materials  
ready

Plan



Draw up a  
reasonable  
timetable

Execute

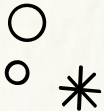


Have a daily  
target and  
achieve it.  
Quality over  
quantity!

Persevere



Study hard  
but study  
smart. Use  
the 3:1  
method



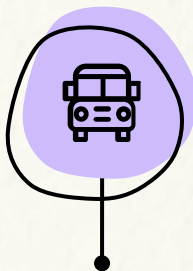
# When running a marathon...

休息是为了走更远的路

Take breaks

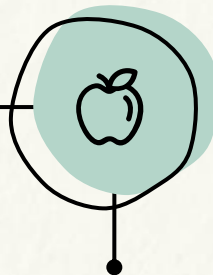
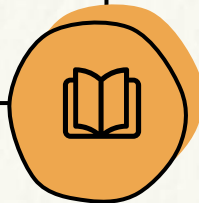
Everyone goes through  
this same pain

Don't quit



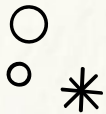
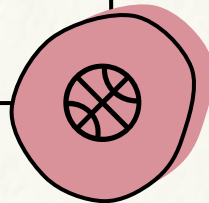
Know when to  
up/down the pace

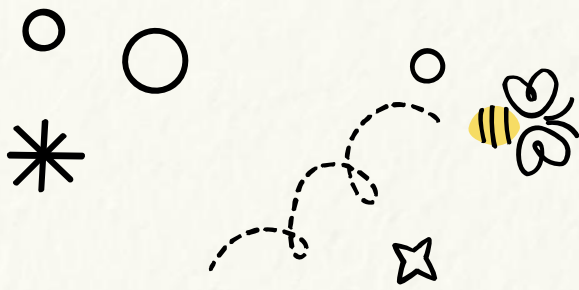
Starting too fast  
and starting too  
slow will take a toll



Keep on moving

One step at a  
time, no matter  
how tough it gets





There is always a rainbow  
after the rain

