

Are you feeling the pressure and stress of trying to achieve great results but feel you may need some tips to help you thrive not just survive Year 11 and 12? Upper school requires a whole new level of commitment and when done with balance and good sense will bring results that allow you to spring board into which ever career you have in mind.

Let's start with food and nutrition. Junk in is junk out and no friend to you now. It's vital that you start eating a healthy breakfast with a good source of protein. Protein 3x a day will maintain your blood sugar levels, regulate your mood, keep you feeling fuller and allow your body to function at its best. Eggs on gluten free bread or LSA (linseed, almond, sunflower seeds) on porridge are fantastic starters. Snack on almonds (a good source of protein and Vitamin E to assist your memory) or make protein balls (all the rage at present and can be bought from Boost Juice). Eat a variety of fruit and vegetables and even consider a green smoothie with protein powder. Try and have carbohydrates at lunch, bread, rice or pasta and eat fish or chicken and vegetables for dinner. Give this article to mum it will help her too. Most importantly don't eat sugar after dinner like ice cream, sweets or chocolate. It will affect your sleep, mood, skin, rev you up to study and then crash you into feeling angry and agitated.

If you are prone to feeling the blues or "down" are you aware that protein is required to make serotonin? Serotonin is a neurotransmitter that helps you feel good. So protein 3x a day (yes I needed to say it again) is vital. If you are having trouble with anxiety and depression try an herbal remedy called St John's Wort or Bach flower essences called rescue remedy or emergency essence (can be sprayed under the tongue and easy to have in the pocket at school). These can be bought at the chemist or Natural health store (of course seek medical advice if your medical history is complex). Prolonged periods of feelings down or inadequate, require help. Knowing when and where to go for help is a sign of strength not weakness. All the stars have mentors, coaches and therapists so think smart and ask for help if you need it.

Next, let's look at your environment. Your room, locker, car and school bag all say something about you. It is very important to have the space around you light, bright, clean and organized. That way you will feel good and find life works easier for you. If you have a parent that is happy to clean your room let them but if it's up to you give it your best shot. Dirty clothes, old rubbish, mess and dirt will create a drag on your energy that you just don't need right now.

To aid memory grow a rosemary plant on your desk. Burning basil oil (to aid concentration) or other essential oils will make your room feel like a day spa and help you stay in it to study. Always play soft music to help lift your mood but watch that it doesn't get more attention than your books do.

You only have so many hours in the day. Time management is very important. Over work is just as inefficient as being under prepared. Most people don't know the difference between socializing and entertaining themselves. When you spend time with friends in an uplifting and positive way it helps release tension (a good thing). Entertaining yourself is keeping yourself busy and putting more strain and stress on your time (a not so good thing). Face book, video games, TV, texting can be examples of wasting time entertaining yourself.

Become more effective and efficient by writing lists of chores, study projects and books you need to read. It feels really good when you cross jobs off the list and feeling good, helps you. Use your time in class wisely. Tape-record the lectures, take good notes, and listen. If the teacher is getting paid to work then get your money's worth of knowledge and know how. Don't just allow them to babysit you or waste yours or their time telling people to stop talking. Wise people LISTEN and LEARN.

Create a vision board in your room. Put a picture on it of where you would like to end up, be and have. In the Olympics, Europe, a university with money to spend, having a great gap year, having great scores, you name it, a picture of it will help you achieve it.

Lastly, sleep well. Turn your brain off at night by writing down all the things you still need to do tomorrow. Give yourself a pat on the back for all you have accomplished today. Use a meditation cd to calm and relax you. Be your best.

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