



***Enhanced Learning
Educational Services***
“the study skills specialist”

LIFESTYLE AND BALANCE



To perform at your peak, you need to have balance in your life and a lifestyle that contributes to the health of your body and brain.

- You should read each point and **highlight the key phrases** in that point.
- Discuss with a friend or parent as you read through the handout.
- You may like to work through this over a number of sessions.



Enhanced Learning Educational Services

“the study skills specialist”

*First Published 2017 by Enhanced Learning Educational Services
Copyright © Enhanced Learning Educational Services 2017*

Reproduction and Communication by others

Except as otherwise permitted under the Act (for example for the services of the Crown or in reliance on one of the fair dealing exceptions i.e. a fair dealing for the purposes of research or study) no part of this resource may be reproduced, stored in a retrieval system, communicated or transmitted in any form or by any means without prior written permission.

Copyright

To allow ELES to continue producing resources to support teachers, parents and students, we rely on your personal integrity to adhere to the copyright standards. Please do not make copies for other people or distribute in any form to anyone else. This would be a breach of copyright and a prosecutable offence. This resource has been purchased for individual use only. Schools, educational organisations or groups must purchase a group license version from www.enhanced-learning.net.

Enhanced Learning Educational Services Profile

Our Organisation:

Enhanced Learning Educational Services (ELES) is the leading provider of study skills resources in Australia. Since 2001 over 500,000 students across Australia have benefited from our study skills worksheets and workbooks. An Australian business based in Sydney, our clients extend throughout Australia and to international schools overseas. We are committed to helping all students improve their ability to learn and study by providing study skills seminars and resources on the topics students need.

Our Mission:

To provide a worthwhile and effective service to teachers, students and parents, enhancing students' learning skills and abilities through dynamic programs, resources and strategies to unlock the power of the mind and enable greater success at school and in life.

Our Commitment:

As part of ELES' commitment to education, 5% of all gross income is donated to charities that help and assist children.

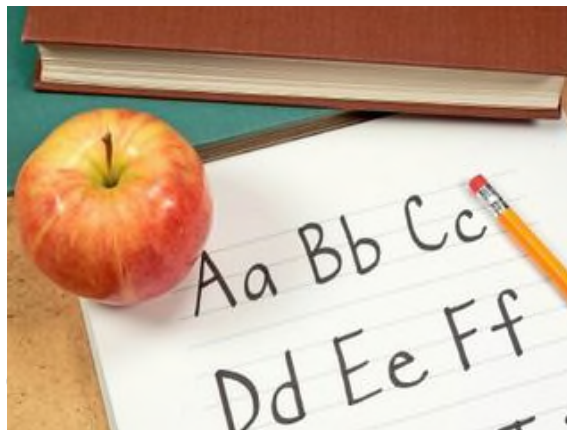
For further information about ELES or our products or contact details:

info@enhanced-learning.net
www.enhanced-learning.net

1. WHAT YOU EAT

Always eat breakfast:

- If you don't feel like eating as soon as you get up, take something to school and eat it before class starts.
- Without breakfast your brain is running without fuel, you'll find it hard to concentrate in the first few lessons and by the first break you may start to feel sick.
- Also your metabolism slows if your body is deprived of food which means the body will hold on tight to everything (which is why people who skip meals when dieting can end up gaining weight - the body thinks you are starving it so jealously holds onto all fats and so on stored in the body).
- If you have fallen into the bad habit of skipping breakfast, start eating a little bit in the morning then gradually increase the fuel you give your body first thing in the morning.



What should you eat?

- Eat plenty of vegetables, legumes and fruits.
- Eat plenty of cereals (including breads, rice, pasta and noodles), preferably wholegrain.
- Include lean meat, fish, poultry and/or alternatives.
- Include milks, yoghurts, cheese and/or alternatives (preferably reduced-fat varieties).
- Limit saturated fat and moderate total fat intake (found in lots of take-away foods and junk foods).
- Choose foods low in salt.
- Consume only moderate amounts of sugars and foods containing added sugars (junk food again!).
- In simple terms: eat a range of healthy foods that are fresh and not processed. Eat more fruit and vegetables and less junk food and fast food.



- **NOTE:** Don't under eat and don't over eat. You need to eat sensible portions. Many people do tend to overeat. Your stomach is about 20 minutes behind your mind so if you eat until you feel absolutely full, 20 minutes later you are going to feel like you have overeaten.
- **NOTE:** If you are experiencing any eating disorders, it is essential to get help. You could start here: <http://thebutterflyfoundation.org.au/>

When should you eat?

- 5 smaller meals throughout the day can be more effective than 3 larger ones. Breakfast, morning tea or break, lunch, when you get home from school, dinner. This will keep your energy up and help your body to process as efficiently as possible. Regular meals are important to ensure a good flow of fuel to the brain.

Why is breakfast so important?

- While you are sleeping your body burns up the fuel from dinner the night before. So if you don't eat in the morning the body has to use its own energy stores - the problem is that the stress hormones released so the body can access these energy stores can make you feel tired and make it difficult to concentrate.
- If students eat at all first thing in the morning, they often eat the same things, because it's quick, or because that's what they are used to. Usually these choices aren't the best ones because they are too rich in fat or sugar or not combined in the right way (eg. not enough protein with the carbohydrates).

A variety of studies have shown:

- Breakfast eaters are likely to achieve higher marks, and be more focused in class.
- Breakfast skippers are more likely to get a mid morning craving for sugar and junk food as a quick fix to the hunger they start to feel mid-morning.
- What you eat for breakfast also affects your ability to concentrate: it is a good idea to have about the same amount of proteins and carbohydrates in the meal and include high calcium foods (eg dairy).
- Students who skip breakfast as a misguided form of dieting set themselves up for erratic eating and overeating throughout the day.



What's so bad about junk food?

Obviously things like drugs and alcohol have a huge effect on your body and your brain. You would have learnt in Personal Development classes how you can actually destroy brain cells and impair brain function with substance abuse. But did you know that things like sugar and unhealthy foods can be a big toxin trap? When you grab a chocolate bar or a bag of chips you get a short fast energy burst and a high glucose hit, and the level of your blood sugar rises. This initial good feeling is quickly replaced by a sluggish and often depressed or tired feeling as the sugar hit quickly runs out. Refined sugar also makes blood acidic robbing the body of calcium which is bad news for your bones. It also destroys certain bacterias in the intestines, reducing vitamin B which inhibits thinking and makes us feel sleepy.



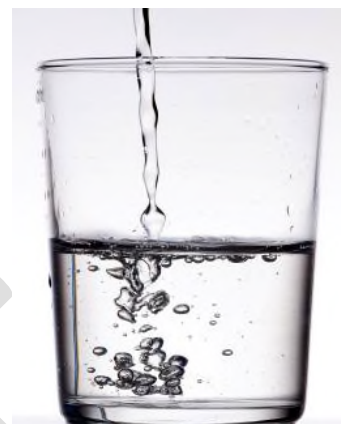
a. What changes could you make to improve what and how you eat your meals throughout the day?

2. WHAT YOU DRINK

Think about what you drink each day.

WATER:

- Your body is about 70% water.
- You really should be drinking 1.5 litres of water a day - that's about two and a half of those 600ml bottles water usually comes in.
- Dehydration does bad things to your brain, impairs brain function and knocks out the effectiveness of your short-term memory.
- It is really easy to become dehydrated and not even notice it.
- If you find yourself licking your lips this is a sign of dehydration and so is darker coloured wee!
- Try and drink 3 of the 600ml water bottles a day.
- If you are not that keen on plain water, add a small bit of fruit juice to add some flavour to the water or some low-joule cordial.



OTHER DRINKS:

- **FRUIT JUICE:** Even though the sugar in fruit juice is healthy sugar (fructose), it is still a form of sugar so drink fruit juice in moderation or add water to a smaller amount of juice.
- **MILK:** Milk is great but low-fat milk is better. Be wary of flavoured milks as they can contain lots of sugar.
- **SOFT DRINK:** Try and wean yourself off soft drinks. One can of soft drink can contain up to 10 teaspoons of sugar!
- **SPORTS DRINKS:** Sports drinks are drinks that you use to re-hydrate the body after playing sport. They contain carbohydrates and salts to replace the salts lost in sweat.
- **ENERGY DRINKS:** 'Energy' drinks are often marketed as supplying mental or physical stimulation for a short period of time. They do this through large doses of caffeine and a number of chemicals that are legal stimulants. They may contain up to 80mg of caffeine - as much as a cup of coffee. These drinks can lead to dehydration and also have been reported to cause nausea and vomiting and heart irregularities and palpitations- different people react to stimulants in different ways. It is not wise to drink excessive amounts of energy drinks (definitely no more than 2 cans a day, preferably less) and make sure you drink lots of water as well. It is not a good idea to use these drinks while exercising.
- **COFFEE & TEA:** The average cup of coffee has about 80mg of caffeine in it and tea has about half of that (except herbal teas which generally have no caffeine). Research has shown that for most people a coffee in the morning and mid-afternoon can help to stimulate mental performance and alertness. You feel the effects in 30-60 minutes and it usually lasts about 4-6 hours. But any more than 2 a day starts to have adverse effects and can cause irritability, headaches, anxiousness, restlessness and make it difficult for you to concentrate.



DISCUSS

b. What changes could you make to improve what and when you drink throughout the day?

3. HOW ACTIVE YOU ARE

What are the benefits of exercise?

- Strengthens cardiovascular and respiratory systems (means your blood travels more efficiently to your brain).
- Keeps bones and muscles strong.
- Can ease depression and help manage pain and stress. Exercise activates the neurotransmitters (the chemicals like serotonin used by your nerve cells to communicate with one another) associated with avoiding depression and also stimulates the production of endorphins (other neurotransmitters that produce feelings of well-being, provide for "natural" pain relief, and help you relax).
- Moderate exercise at least three hours before you go to bed helps you sleep better.
- Exercise provides a short-term boost to the ability to process data. Researchers are finding that brain activity and brain development are enhanced by physical exercise.
- Exercise, fresh air and sunlight (vitamin D) also help improve brain function. You need to try and get some exercise each day – even if it is a 15 minute walk around the block.
- Your brain requires 25% of your oxygen intake. Exercise ensures a good consistent supply to the brain. It also relieves stress and improves circulation leading to better mental performance.
- Research has shown that exercise juices the brain with more glucose, which may promote and increase the neural connections or pathways along which information flows in your brain.
- Exercise increases blood flow to the brain bringing much needed sugars and oxygen during times of stress which will allow you to think more intensely and concentrate harder.
- Exercise releases the accumulated tension in the body, burns off stress hormones and also helps further decrease stress as your pituitary gland releases 'feel-good' chemicals such as endorphins after exercise making you feel calmer and happier.

