

BE KIND TO YOUR MIND

As the end of the first semester is around the corner, the January Newsletter supports students with **tips and tricks for brain-friendly studying**. Take good care of your mind, because it is the foundation for your success and performance at school and in life.

Sleep!

You want to be your natural and powerful self?
It's easy: harness the incredible power of sleep!
Check out "**The Sleep Revolution**" by Adrianna Huffington

Meditate!

Build skills to better manage stress and reduce negative feelings by learning how to meditate.
Check out the free App **7Mind**

Give your brain a break!

Simple ideas to help and refresh your overworked brain:

- shut down your screens
- go outside for 5 mins.
- sit and let your mind wander
- take a few minutes to do sth. you love
- practice simple meditation
- take a short power nap
- take a slow and deep breath