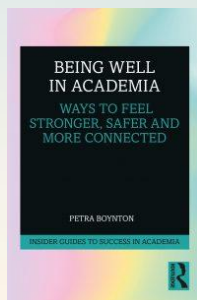
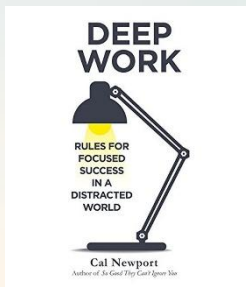


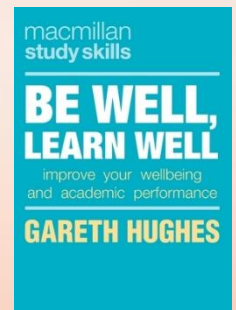
Be Well, Learn Well

One of the most important factors when it comes to studying is mental and physical wellbeing. This manifests as how you sleep, eat, move, and mind your mental health. Studies have shown that poor sleep can reduce learning ability by up to 40% as it affects problem solving and memory skills. Similarly, managing stress and anxiety around exam times is crucial for ensuring that your hard work pays off. This selection of books shows you that caring for your wellbeing is just as important a study technique as flashcards, memorisation, etc. and should be one of your top priorities this exam season.

Cal Newport's *Deep Work: Rules for Focused Success in a Distracted World* is a combination of cultural analysis and actionable advice on today's attention economy, helping you to switch off the noise and improve focus on singular tasks. Alternatively, Petra Boynton's *Being Well in Academia* looks at the isolation one often feels in academia. She discusses how to improve your support networks – both emotional and professional support networks – to combat loneliness in a specifically academic setting.



If you struggle with your mental health around work and exams, then Helen Kennerley's *Overcoming Anxiety* provides cognitive behavioural techniques which can be used to help you during exam season. Similarly, Gareth Hughes' *Be Well, Learn Well* (sound familiar?) gives you techniques to improve your academic performance by focusing on first improving your wellbeing.



While books can be a great source of comfort, information, and tips for helping during stressful times, it is also good to remember the Oxford University counselling service which provides **free** counselling sessions to any students who need it. Go to <https://www.ox.ac.uk/students/welfare/counselling> if you want someone to talk through exam stress, anxiety, or anything that might be affecting you this term.