MAKE YOUR BRAIN FLOURISH

FOOD: learn which foods fuel your brain best; don't go hungry

LIQUID: make sure you drink enough water and avoid fizzy drinks

OXYGEN: exercise (even a quick walk) pushes more oxygen round your brain

USE: use all areas of your brain by doing lots of different activities

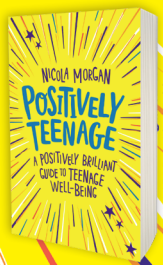
RELAXATION: your brain will work best if you have frequent breaks and relax properly

INTEREST: keep your brain interested by not spending too long on the same thing

SLEEP: learn how to get a good sleep and you will feel happier and work better

HAPPINESS: laughter is great brain medicine: have you had your daily dose?

Lots more top tips and ideas from Nicola Morgan for getting the best out of your teenage years in here!



PositivelyTeenage_Postcard.indd 1 23/02/2018 14:03:53