

BRAIN HACKS

Get some Exercise



1

Plenty of sleep



2

Feed your brain



3

Handwrite & Single Tasks



5

Use Visual Memory



4

Study Group & Teach Others

6



Relax & Reward Yourself

8



Manage emotions & stay focused

7



Set Goals & Believe in Yourself

9

Manage Stress & Support Network

10



Source: www.teenbrain.info