



HEALTHY STUDY TIPS

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FOOD & WATER

Eat wholesome
breakfast

Drink about 8
glasses of water

During your study
eat some little
snacks like
bananas, apples,
nuts etc.



WHAT ABOUT SLEEPING?

Sleep 6-8 hours per day

Stand up earlier!

Start your day with exercises or meditation



An energetic music
has distracting
action

Classic music and
ambient can help
you to concentrate

MUSIC: LISTEN TO A
MONOTONOUS MUSIC



Repetition is the
mother of skill.

Tony Robbins

quotefancy

REPETITION

Share with
somebody
information that you
have learnt

Explain difficult
themes for students

Learn smth by heart

A top-down view of a wooden desk with a typewriter, a notebook, a pinecone, glasses, and a box of color slides. The text "Thank You" is written in large blue letters, and "For Your Attention" is written in smaller yellow cursive letters below it, flanked by double yellow lines.

Thank You
== For Your Attention ==