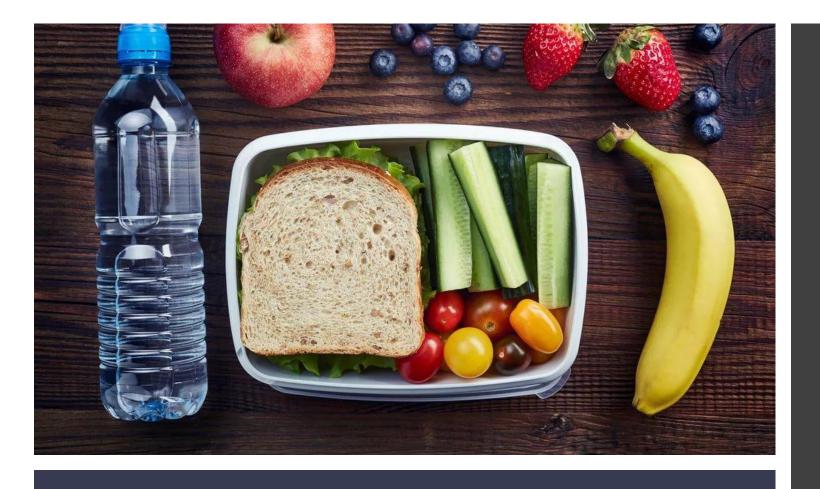


HEALTHY STUDY TIPS

Jumaniyozova Bernora Odilbek kizi



FOOD & WATER

Eat wholesome breakfast

Drink about 8 glasses of water

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



Sleep 6-8 hours per day

Stand up earlier!

Start your day with exercises or meditation

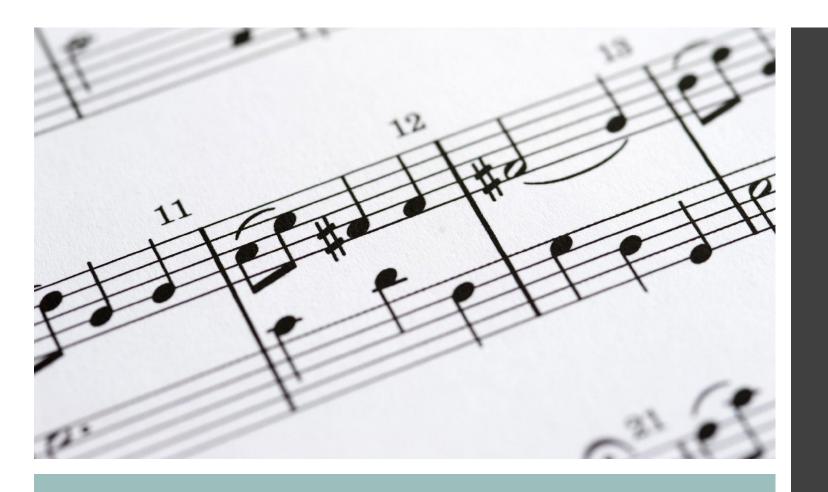
PLANNING

Before sleeping right down everything that you should do tomorrow

Use organizers on your phone or computer

'Il feel better. Really

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MUSIC: LISTEN TO A MONOTONOUS MUSIC

An energetic music has distracting action

Classic music and ambient can help you to concentrate



REPETITION

Share with somebody information that you have learnt

Explain difficult themes for students

Learn smth by heart

