WAYS TO BOOST YOUR MENTAL PERFORMANCE

**BE REALISTIC**
Understand the difference between what’s vital to get done and what you want to get done. Focus on the necessities.

**DON’T STRESS ABOUT FAILURES**
Everyone makes mistakes; failure is often instrumental to success.

**LOOSEN UP**
Take a 5-10 minute breather for every hour you study. It will boost your concentration and stamina. During this time, stretch your body; drink some water; celebrate what you’ve accomplished so far.

**GET A SECOND OPINION**
Doctors fix the body; mental health professionals improve the mind. It’s smart to learn to ask for help . . . and you’ll feel better for it.

**SWEAT**
Exercise is a stress reducer and a self-esteem booster. It helps you stay sharp. Play a sport, lift weights, or go for a run with a friend.

**FUEL YOUR MACHINE**
Commit to getting good sleep and eating well to fuel a healthy body and mind. Stay hydrated, but avoid excessive alcohol and caffeine.

**TALK IT OUT**
There’s a reason humans communicate. Take time to talk to friends, family, a counselor or mentor if you’re going through a rough time.

**ENJOY YOUR LEISURE**
Set aside time for fun. Shoot some hoops, go for a walk, join a club or group to learn a new skill. Explore your campus and community.

**MAINTAIN HEALTHY RELATIONSHIPS**
Difficult relationships increase mental distress. Strong relationships with the people around you lead to greater accomplishment.

**ACCOMPLISH AND SAVOR**
Work on tasks one at a time. Complete the assignment and use the feeling of success to power you through your next project.

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