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.

ACCOMPISH 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.