# WELLBEING TIPS

**Exams are tough, but they are a necessity of becoming, and being an RMO. Having a strategy and a plan around exams can be a huge help, and can be vital in order to get through.**

## Ākona/ to Study

- Study at your own pace and take breaks.
- Everyone learns differently; find your technique; whether that be writing, reading, drawing or talking out loud.
- Plan 'break days'; it's important to find the right balance.
- Have a good plan B.

## Whānau/Family & Friends

- Create quizzes, encourage family and friends to join you at off times and ensure they understand the role of the exam in your life.
- Don't forget to celebrate afterwards!
- Reach out to your friends, whānau, colleagues and union for support if you need it. We're here to help.

## Hauora/Health & Wellbeing

- Look after yourself and eat healthily.
- Take some time to de-stress.
- Try to get fresh air every day or keep up some sort of exercise routine.
- Ensure good sleep patterns and hygiene.
- Find a good TV series and drip feed it to yourself as a reward.

**Noho ora mai!**

You can find more wellbeing tips and information on our website **stonz.co.nz**

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