

Make Your Brain

FLOURISH

F - Food: learn which foods fuel our brains best; don't go hungry

L - Liquid: make sure you drink enough water and avoid fizzy drinks

O - Oxygen: exercise (even a quick walk) pushes more oxygen round your brain

U - Use: use all areas of your brain by doing lots of different activities

R - Relaxation: your brain will work best if you have frequent breaks and relax properly

I - Interest: keep your brain interested by not spending too long on the same thing

S - Sleep: learn how to get a good sleep and you will feel happier and work better

H - Happiness: laughter is great brain medicine: have you had your daily dose?

Help for schools, parents and young people:
www.nicolamorgan.com