

12 tips on how to survive

(not only during the examination period)



tip 1:

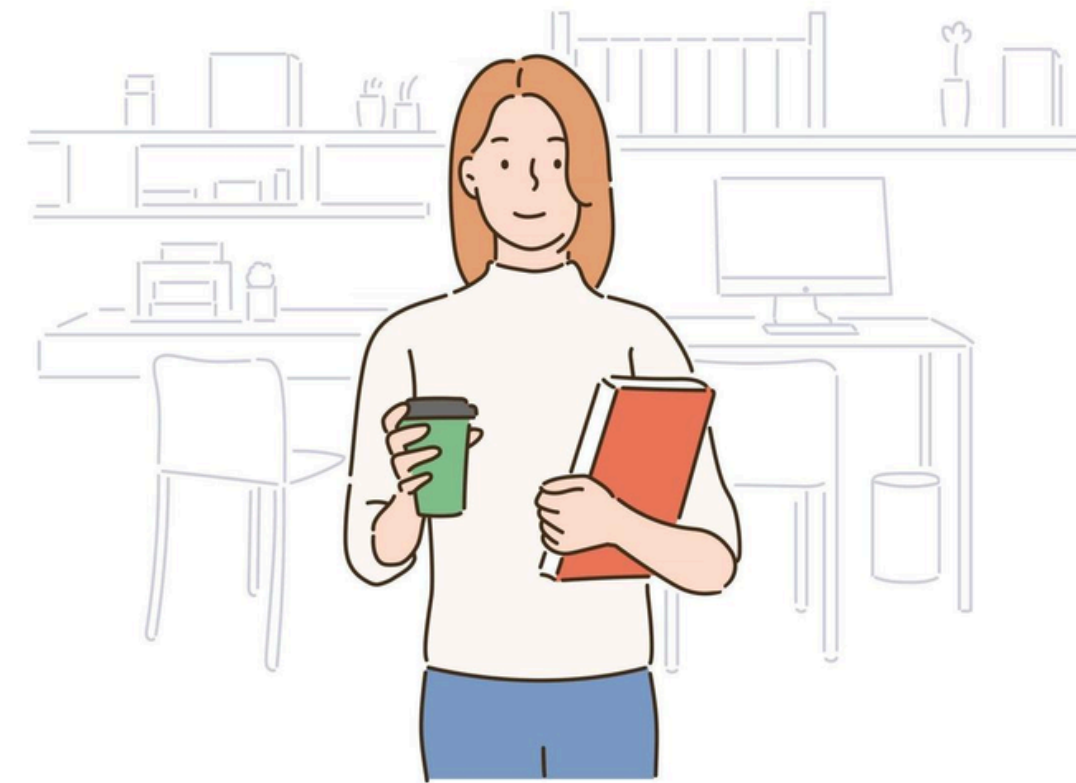
Make your studying space comfortable and cozy

You should feel good and safe while studying. Well organised space contributes to organised mind!

Go to a swap or gratis market and get something new for your room. Get a green plant and take care of it. Greenery in the room refreshes the mind!

Gratis market at HYB4:

<https://www.kampushybernaska.cz/en/blog/kam-s-vecmi-ktere-nepotrebuje-te-doneste-je-do-gratis-marketu>



tip 2:

Study regularly with breaks

Study regularly but not too long. Respect the time you can concentrate. In your studying schedule make slots for SHORT BREAKS to refresh your body and mind. You can do short mental or physical exercise to reduce stress and restart your concentration.

Try some APPS:

Pomodoro: A customizable timer thas on desktop & mobile browser: <https://pomofocus.io> or

Forest – Stay focused APP: <https://www.forestapp.cc/>



tip 3:

Make a schedule for all your exams and responsibilities

Set aside enough time for each exam. But also plan time for proper RELAXATION. Put it in your schedule too and even if you fall behind with studying plans, do not skip the time for relaxation! Your brain and body needs it!



tip 4:

Reset your mind and do something completely different



Plan longer time off from studying and RESET your MIND by DOING something completely DIFFERENT! Go to see a movie, go swimming, take a walk to a part of Prague you have not been to before....

Have you been to Vyšehrad park? Stunning views of Vltava river, cosy park to relax. Or Riegerovy sady ? A lively park popular by cosmopolitan inhabitants of Žižkov district.

Did you know that the SWIMMING pool “Bazén Podolí” has two outside pools and relaxation areas?

Did you know that many small ART CINEMAS (in Czech “Kino”) in Prague are an experience on its own, offer also some Czech films with English subtitles and the tickets are much cheaper than a multiplex cinema? Look for Kino AERO (Žižkov district), Kino ATLAS (near Florenc), Kino PILOTŮ (Vršovice district), Kino SVĚTOZOR (near Václavské náměstí).



tip 5:

Change your study enviroment

Try to CHANGE YOUR STUDY ENVIRONMENT from time to time. Library or common study room, where the presence of other students can motivate you. For some people, a reasonable “traffic” around is stimulating and reduces anxiety. If it works for you, try studying in a (not too busy...) café.

Do you know Café Hamu at Malostranské náměstí No. 13?

<https://www.hamu.cz/en/about-hamu/university-cafe/>

or university café U Rotlevů: <https://www.facebook.com/kavarnaURotlevu> ?



tip 6:

Do physical activity regularly

Stretch or do other physical activity regularly. Extra oxygen you get when doing physical activity stimulates your memory! Learn something about how your body and brain works, so that you can take care of yourself effectively!

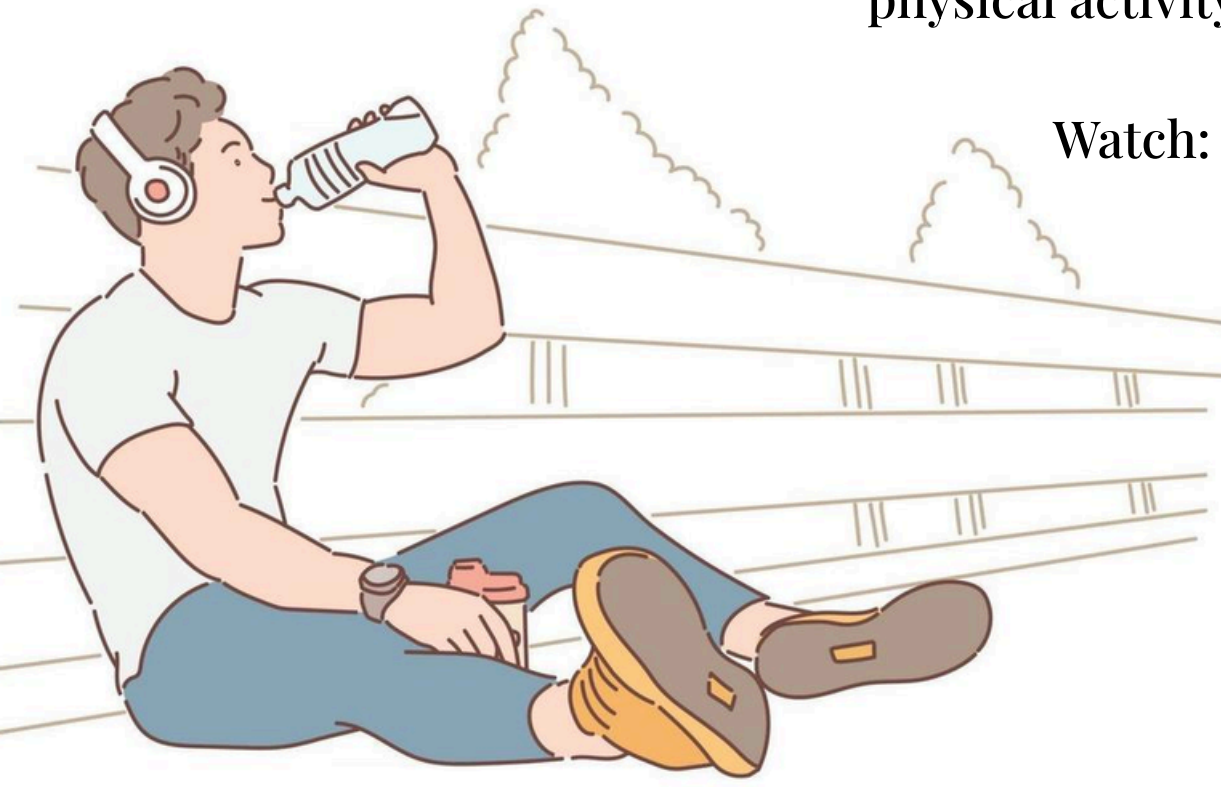
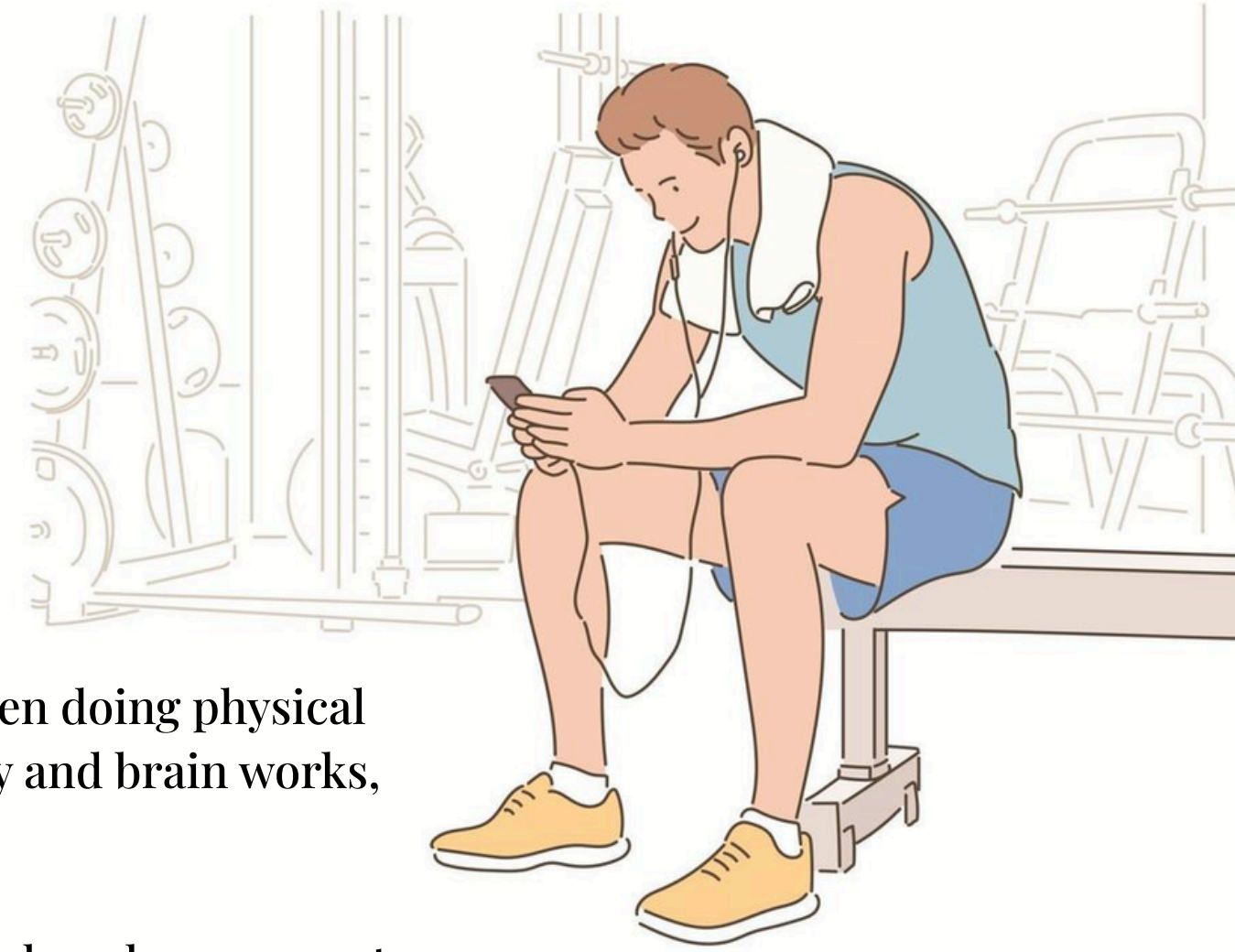
Did you know that even if you do not feel stressed out mentally, studying long hours or not sleeping enough makes your body be in stress? And if this stress mode (with high production of cortisol, the “stress” hormone) is ongoing for too long it will affect your overall condition. Best way to keep the level of stress in your body under control is any physical activity. Also breathing techniques are effective. If you are not sure what to do you will find plenty of videos to guide you!

Watch: Our bodies were made to move! Side effects of sitting too much:

<https://www.youtube.com/watch?v=wUEl8KrMz14>

Effective breathing exercise:

https://www.youtube.com/watch?v=acUZdGd_3Dg

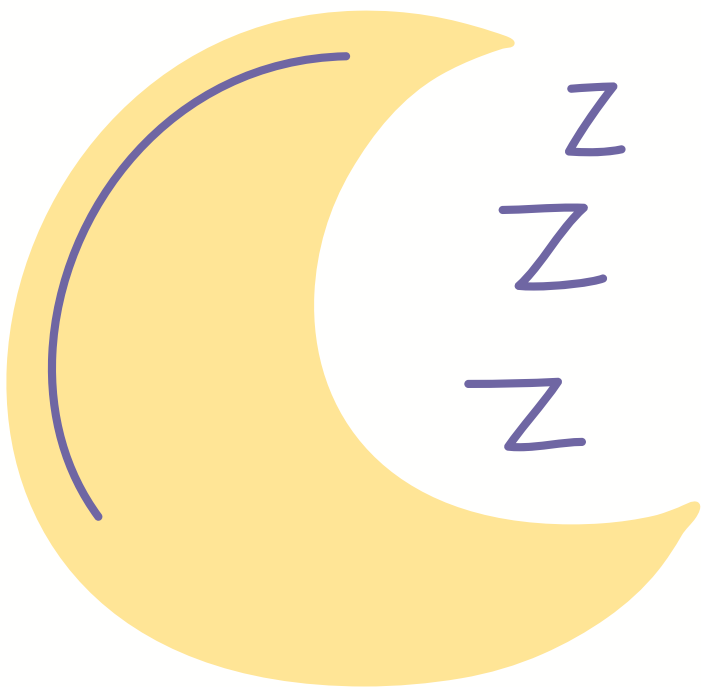
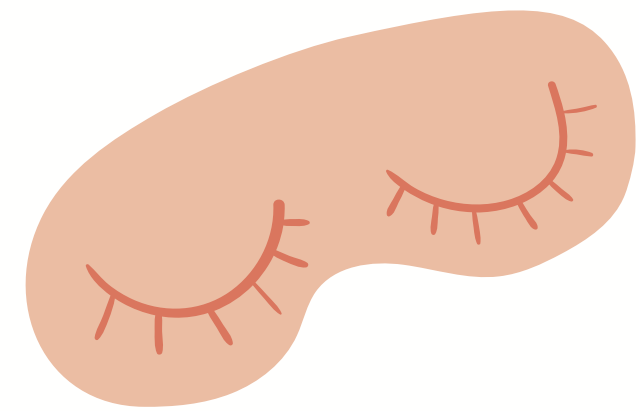


tip 7:

Make sure you get enough sleep

Short nap during the day can help you to recharge your energy (Power naps). However, sleep enough during the night time. Did you know that if you sleep at least one hour before midnight you get more energy?

If you have difficulty to fall asleep, you may use phytotherapy or other natural ways for better sleep: Herbal teas, aromatherapy (Lavender), or supplements like melatonin tablets, St. John's wort (in Czech "Třezalka") tablets, Valerian (in Czech "Kozlík lékařský") - tea or tablets.



tip 8:

Talk about your worries and feelings

Talk about how you feel. You are not alone in it! If you look around, most of the time, you find someone to talk to. And someone who may feel just like you! If you start talking about what worries you, it may help others to open up and share their worries too.

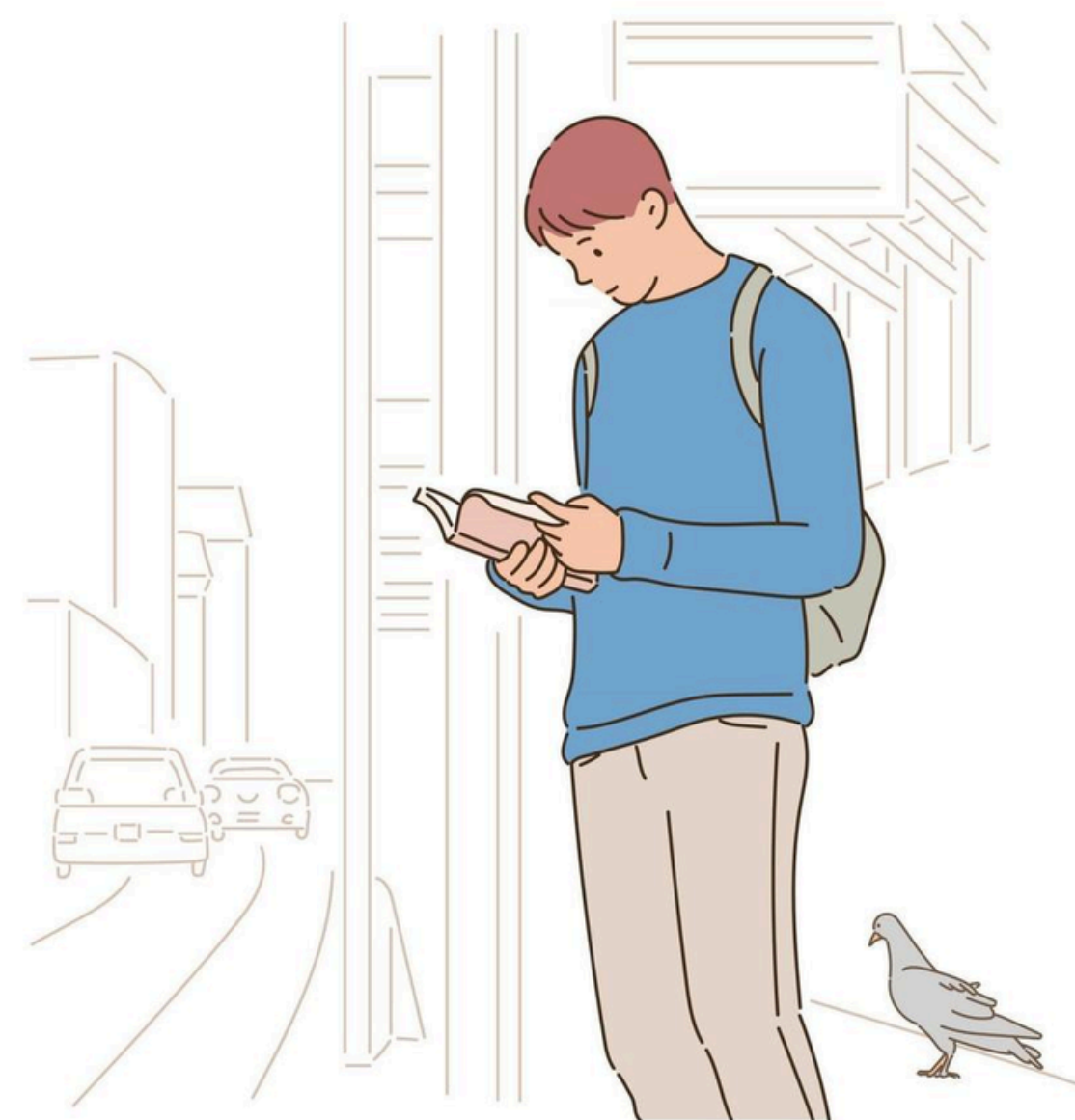
Nobody around to talk to? Need of professional help? See TIP No. 12!



tip 9:

Let go of perfection

Do not put too much pressure on yourself. You do not have to be perfect in everything. It is not realistic to know everything on 100%. Making mistakes is natural. Making mistakes is OK!



tip 10:

Reward yourself for small successes

Treat yourself for no reason too, just because its you... Get yourself a nice pen. Find a relaxing or encouraging picture, and stick it to your diary, on the wall where you study. Make yourself a good meal. Invite a friend, your roommate or your neighbour to eat together...



tip 11:

EAT WELL! and plan your meals

Eat nutritious and healthy food.

Try out some Matfyz International recipes!

Try to make a nutritious breakfast.

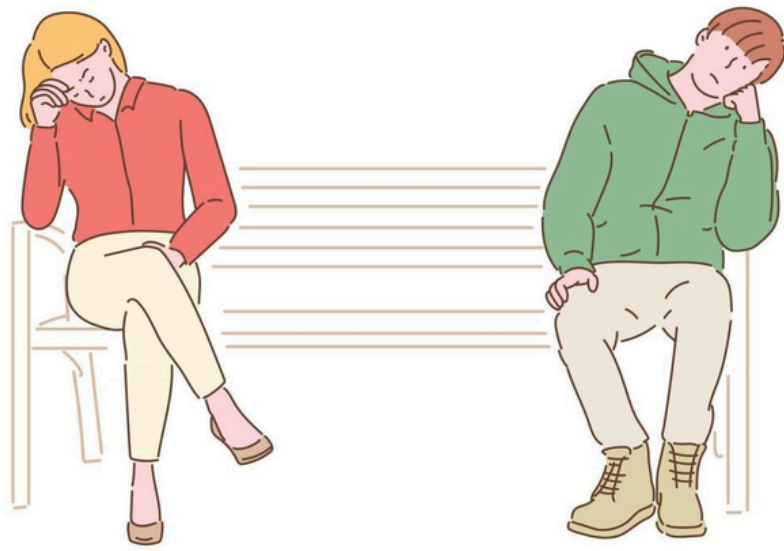
(Soak oat flakes over night in milk or yogurt, add nuts, seeds, dried or fresh fruit. Done!)

If you plan to study for a long time, prepare small snacks –such as nuts and fruits. Drink enough
WATER!



tip 12:

ASK FOR HELP!



Do not be afraid to ASK FOR HELP. You do not have to be in serious problems to ask someone for support! Maybe just a talk about your worries can take some of the weight from your shoulders! If there is no one around, we are here for you: Veronika Jonáková, Well-Being Services coordinator (in Trója):

veronika.jonakova@matfyz.cuni.cz and

Zuzana Biskupová, Student Well-Being Advisor (at Malá Strana): **biskupova@ufal.mff.cuni.cz**

You can make appointment for a talk (have a cup of tea if you like :-), get help to structure your problems and search together for further professional help if needed. In need of support you can also use:

MFF HELP LINE: + 420 720 216 468 / pacakova.misa@gmail.com

CU PEER CHAT: Mo & Wed, 17:00 – 20:00, open from the website

Student Support Group, See a VIDEO invitation by the COACHES of the group JACOB & PAVLA. Školská 13a, every Mon at 18:00

And do not forget there are also the faculty Academic Advisors or Mentors.

Crisis Intervention Centers: **CLICK HERE**