



# Mental

There are a lot of mental issues that can affect our revision and general study. We list here some issues that you may come across during revision time. Keep in mind that if you suffer from a more severe mental health problem you should seek out professional help.

## Motivation

Scientifically speaking motivation is a spike in dopamine due to the anticipation of something about to happen. You can make use of motivation by creating incremental goals. This will keep you going until the task is complete.

But keep in mind, motivation is only a short-time fix. Do not rely on motivation only, for a 2-3-month plan for revision.

## Just get started

Oftentimes we are looking for an inspiration to get us started or a motivation (as mentioned above) that we hope will keep us going. Unfortunately, either of these are completely unreliable. Some days we will feel ready to take on the world, and others we will just want to crawl back into bed and play a game on our mobiles. With a strict deadline for revision and limited time, that is unfortunately not a luxury we have.

Although this tip may seem obvious, it has to be spelled out: When you do not feel ready or mentally able, just do it anyways. You can try to make it easier for yourself by creating smaller goals or small time periods with a few minute breaks to get your brain warmed up. Once you do that, the subsequent revision time will get easier. You just need to get started.

## Control anxiety

An anxious mind is not a good place for learning. It can hinder new connections being formed in the brain, and stops you from focusing on the task. This is easier said than done, but there are some ways that you can learn to focus:

- Do not multitask
- Remove distractions
- Take more regular breaks
- Practice being offline – study away from screens

To calm your mind down, practice relaxation, remember your victories in the past, or spend some time with someone you can talk to easily, who can help you clear your anxieties.

Additionally, if there is any external source that is responsible for your anxiety, take some time first to deal with it and if it is a very severe issue, discuss it with your teachers.



## Focusing on others

We are often drawn to comparing ourselves to others, whether it is in our performance, our work structure, or our 'talent'. As tempting as this might be, especially if you are trying to see how you can improve yourself, it is not wise to do a direct comparison. Our connections in our brains are completely different, our views and understanding of the world are completely different; what works for you and what you understand, might not be the same or even similar to someone else. Therefore, take other people as inspiration but not as a guideline.

Additionally, some students occasionally make remarks about not studying and having achieved good grades. Do not accept this at face value, though it might also be the case that their study practice is different. Their background may also be different, therefore do not let yourself be affected negatively. Only focus on how you are going to achieve your personal goals.

## Consistency

Like with everything else in life, consistency is key. If you are sticking to a plan and feel yourself burning out, adjust your work and give yourself a break, but don't be tempted to regress and fall behind. It will get easier over time to stick to a plan, and stay focused, but remember to stay consistent with your revision.

## Work area

Work areas can be instrumental in your performance. Not everyone needs everything colour-coded, and a completely clean desk. Though you should make sure that the items in your work area, and your method of taking notes are not creating a distraction for you. It will be a problem if you cannot find references or books that you need within arms-reach whilst you are studying.