





New Year Prep...

You might not want to think about going back to school or college just yet but the new year might bring revision, exam prep and mock exams for some of you. Get fully prepared with our revisiontips and timetable...

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January Blue's Mood Boosters

The winter months can be filled with a mixture of emotions, the excitement of the holidays alongside the long dark days. It's very normal to feel sad or deflated; everyone feels low or down at times and people can be upset by many different things that might occur. However, if you're feeling like you're experiencing more 'blue' days than bright ones you may need to take some steps to feel better.

Here are our January Mood Boosters:

- Plan activities: it might seem appealing to stay in bed scroll on your phone, but this will make you



