A photograph of a Mercedes-AMG Petronas pit stop during a race. Three crew members in teal uniforms and helmets are working on a silver and teal Formula 1 car. One crew member is using a large hydraulic jack to lift the front of the car. The background shows a blurred race track and other pit crew members. The Mercedes logo and 'PETRONAS' branding are visible on the car and the pit wall.

Pit Stops

Why are they important?

Pit Stops

As we gather in our forms, please think of those you know who are sad, those who are worried, are experiencing turmoil or who may be ill.

Pause as you privately read the verse on the right, who would you like to send your prayers and special thoughts to?

Our time together is precious, let us use it to break away from our busy, challenging and fast day.

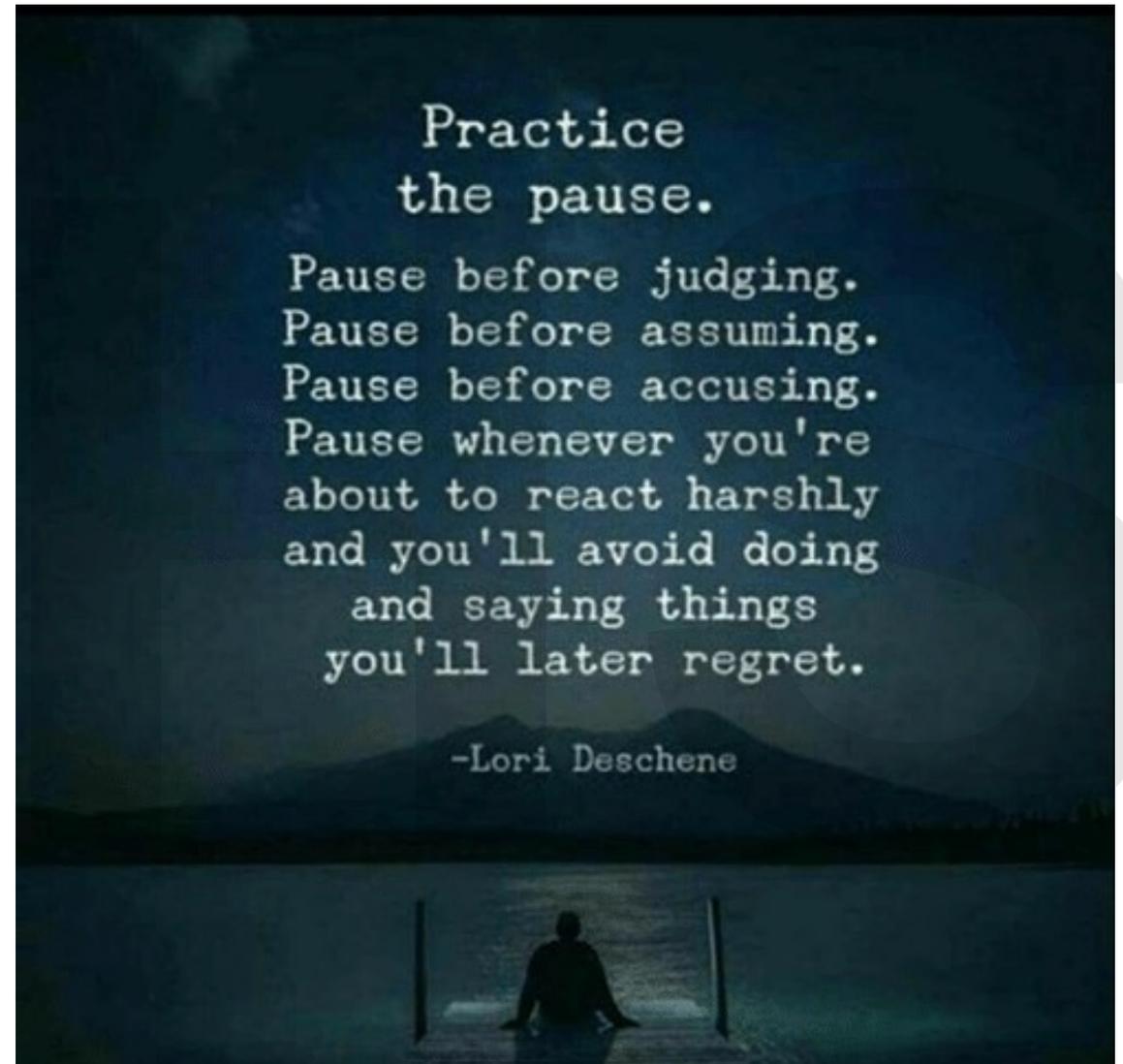
Today I pray for you
a heart free of sadness,
a mind free of worries,
a life full of gladness,
a body free of illness
& a day full of God's blessings.

Pit Stops

- Q- What do you understand by the phrase 'pit stops'? Words that come to mind may be:

Pause
Reflect
Rest
Review
Analyse
Assess

- Q- How can we build these moments into our busy days and why are they so important?
- The slide on the right may give you one quick reason, thinking before we speak or react is crucial.





Pit Stops

Other good reasons why we should build 'pit stops' into our lives could be:

Review our progress or understanding of schoolwork.

As some well deserved 'me time'.

To make sure we get social time, and our days are not all work, work, work.

Add interesting moments into our life that give us an interest or hobby.

Ensure we get a healthy work-life balance.

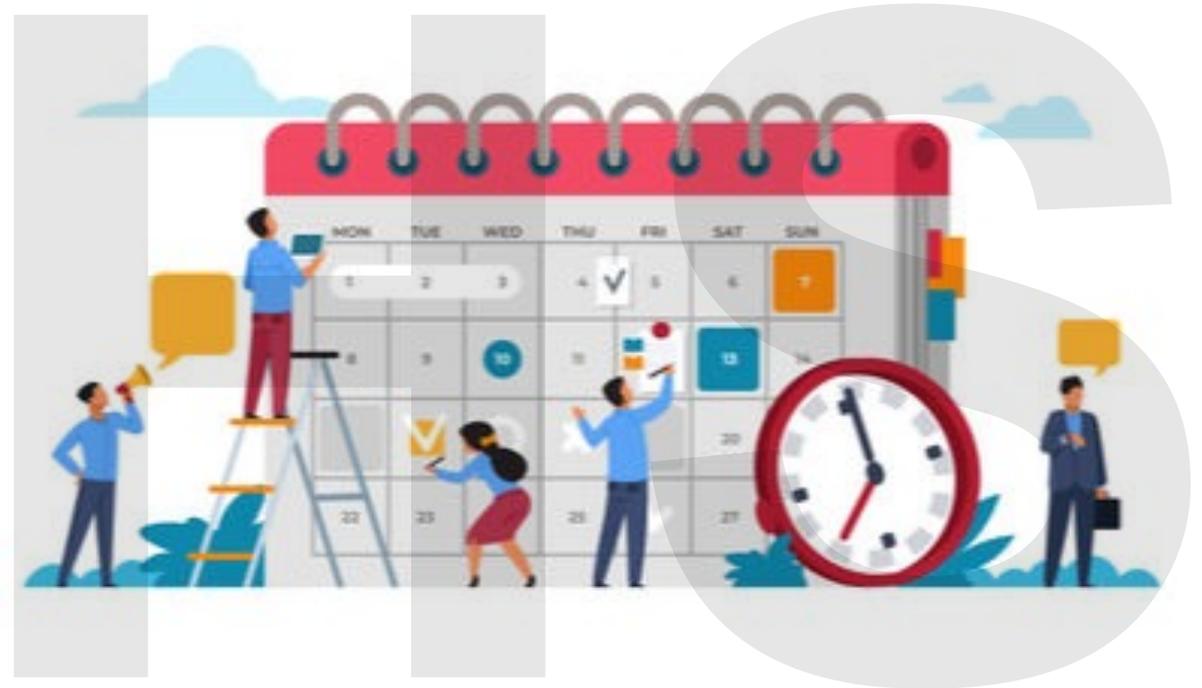
- Q- Can you think of other reasons for 'pit stops'?

Pit Stops

- Q- But how long do we make our 'pit stops'?

Sadly, some people get it really wrong by either giving too much time or not enough time.

'Pit Stop' planning has the same level of critical importance as racing car drivers who are trying to win a race. The drivers know they must make pit stops. In fact, they know exactly when they need to 'pit' for fresh tyres, add fuel, and when to keep hydrated. Shouldn't this be the same in your life?





Pit Stops

In our busy and demanding lives, we need to model this same behaviour so negative issues are not created and impact on our physical health, mental health, stress levels or ability to work hard .

If we continue to ignore the need to pause or take a break this could lead to 'burn out'.

Imagine trying to ride a bike or drive a car with worn tyres in winter conditions, this is an accident waiting to happen. We need to have that same consideration when we look at our own lifestyles.

Pit Stops

Pit stop planning is crucial for us to maintain a healthy lifestyle, why should we wait until we feel really low, exhausted, de-motivated or stressed.

- Q- Do people wait for the car to run out of fuel before filling it up again!

Makes pit stops part of your daily, weekly or monthly routine. Set aside time to get the break you need. Get organised and pre-plan. Factor 'pit stops' into your calendar.



Pit Stops

Successful people (sports, music, business, family, school) understand when they need that break or 'pit stop'. They have applied measurement to determine when is best for them.

Just like our racing car drivers who think 'How far can I go on one set of tyres?', they know when they need to come into the pits at the right time.

- Q- What form of measurement do you use to be able to determine when you need to plan a personal 'pit stop'?
 - Am I ready?
 - Is it too soon?
 - Am I too late?

How many tasks need completing or deadlines met before 'pitting'?

The sooner you can plan ahead, understand what works for you, coordinate your plans with your family, friends and school the more beneficial your 'pit stops' will be.



Pit Stops

Each of us may have unique measurements that will determine when, where and how long our 'pit stops' are?

Some may need a 10-20 mins per day power nap in our bedroom, others two hours at a sports/music/drama club, music lovers enjoy an hour or so chilling to their favourite bands in a quiet space or gamers prefer to pit stop with others in front of the TV.

- Q- Talk to the person next to you and share what works best for you.



Boosted capacity
for memory and
learning



Enhanced
mood and
reduced stress



Improved
accuracy in the
workplace



Improved logistical
reasoning and creative
problem-solving



Reduced fatigue
and increased
mental alertness



Pit Stops

The nice thing is that there are so many different ways we can get our well deserved 'pit stops'. It all depends on your characteristics, hobbies/interests, space, money or facilities available to you.

Some stick to what they know.

Others like variety and trying different options.

Chilled and relaxing or exciting and adrenalin pumping?

- Q- What 'floats your boat?'

Pit Stops

ENJOY
EVERY
moment

So why do we need our 'pit stop' moments?

'Pit stops' are about being able to sprinkle 'me moments' throughout your year, whether they are planned or spontaneous. When you factor in these small doses, both persistently and consistently, you don't reach the point of fatigue or 'burn out'.

Pit Stops

There are numerous reasons why people take short-, medium- or long-term pit stops:

Taking a break from work, school, home, technology, weather, emails, phone.....

- Q- Can you think of anymore?

Short- nap, TV programme, film

Medium – weekend away from school, city break.

Long – holiday aboard, half term, summer break, Easter holidays



Pit Stops

Top 5 benefits of taking 'pit stops' and not feeling guilty:

1. Improves the memory

It has been scientifically shown that short, repeated sessions of learning with breaks increase your concentration and helps the memorization of new contents.

2. Serves as energy boosts

It is very common to feel drained of energy when we focus all our attention on one task. Resting can be useful to allow your body to recover. Power naps of 10-20 minutes can be a great way to feel revitalised.



The background of the slide features silhouettes of two people running against a bright, hazy sky. The person on the left is in a full running stride, while the person on the right is captured mid-air, with their hair flying, suggesting a sense of motion and energy. The overall tone is positive and active.

Pit Stops

3. Reduces stress

Constant worry can lead to chronic stress, pupils have been reported to be more likely to suffer higher levels of stress, which can have a negative impact on physical and mental health. Therefore, taking breaks can relieve and reduce levels of stress.

4. Improves your health

Rest and sleep have been shown to have a positive impact on your immune system. It also reduces the risk of heart disease. Therefore, take advantage of the weekends when you may have more time to exercise and recover some sleep.

5. Boosts your performance and creativity

Sometimes, we need to adopt some creative approaches to challenges that are giving us problems. So, the next time you are stuck, try to take a break, rest and do something different. Hopefully, when you are back to your work, you will have come up with some new and fresh ideas.

Pit Stops

What ever you chose to do for your 'pit stop' realise why your body needs it, enjoy it and factor it in to your routine.

Remember there is a difference between 'pit stops' and being lazy, work shy, avoiding things, procrastination and giving up.

