It’s important to make your exams and learning as easy as possible. Here are some natural tips that you can try:

1. Get a good night’s sleep. Your body needs rest to repair itself.
2. Eat a healthy diet. A healthy diet gives you the energy you need to study.
3. Exercise regularly. Exercise helps reduce stress and improve your mood.
4. Take breaks. Taking breaks can help you stay focused and improve your memory.
6. Use a timer. A timer can help you stay focused on your work.
7. Stay positive. A positive attitude can help you stay motivated and achieve your goals.

Remember, everyone is different, so what works for one person may not work for another. The important thing is to find what works for you and stick with it. Good luck with your exams and learning!