

A Self-Care Guide for students

Poor mental wellbeing is something that can affect anyone regardless of their age, gender, ethnicity or sexual orientation. The aim of this guide is to help you cope with any university stress that you could face and the everyday challenges that you encounter.

This guide is based on the NHS' 5 steps to improving mental wellbeing. It also includes links to teams within UCEM that can provide support and information about the external charities we advocate.

Call Student Engagement

0118 9214696

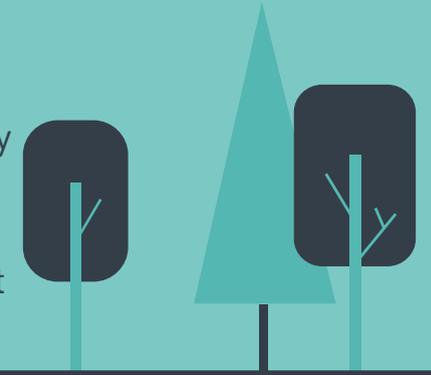
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Defining 'Wellbeing'

Wellbeing is the balance point between an individual's resources and the challenges they face. When a person cannot balance their resources with the challenge their wellbeing declines. This means that they are no longer fully able to realise their own potential, cope with everyday stresses or productively contribute to their community.

Be Active

Being active is not only good for your mental health but good for your body too. Why not try the following:



Take a walk on your study breaks

Participate in physical activity away from work

Set yourself a finish time for academic work



Get involved in
Discussions



Become a
Student Representative



Follow UCEM on
Social Media

Connect

Connect with family, friends, neighbours and colleagues.

Spend time with the people that you have existing relationships with to ensure that you have a solid foundation before you commence studying.

Be Mindful

By becoming more aware of the present moment, including your thoughts and feelings, you can positively alter the way you feel about life and how you approach challenges.

- Take a break during your study sessions to do something you enjoy
- Focus on the work that needs to be done now without worrying about what might happen
- Try a new way of studying e.g. create mind maps or voice recordings
- Keep a diary whilst you study of your thoughts or feelings to help track your mood



Give to Others

Small or large acts of kindness can give you a sense of purpose and increased happiness.

Take part in awareness days and weeks

Share your experiences and expertise

Share your success stories on the VLE

Keep Learning

Learn to do something that interests you. It may give you a greater sense of satisfaction and an improved ability to get the most from life.



- Plan and split up your study time
- Talk to the Learning and Teaching Enhancement Team
- Use **Lynda.com** to learn new skills
- Get involved in our mentoring scheme

External resources



London Nightline: We are a confidential listening, support and practical information service for students.



LionHeart: We are a charity for RICS professionals, past and present, and their families.



Befrienders Worldwide: We provide emotional support to prevent suicide.



British Dyslexia Association (BDA): The BDA is the voice of dyslexic people.

Listening & Disability

What we do

The Disability & Wellbeing Team is committed to supporting students with disabilities and additional needs throughout their studies.

We recommend that you inform us of any disability, mental health condition, long term health condition, or specific learning difficulty as soon as possible so that we can put a support plan in place and advise you on applying for Disabled Students' Allowances (DSAs).

We can provide reasonable adjustments once we have received sufficient evidence of your need. Support can include extra time in exams, no penalisation for spelling/grammar and an ergonomic chair in exams.

Contact

Richard Higgins | Phoebe Hughes
disabilitysupport@ucem.ac.uk

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Careers & Employability

What we do

Our industry can be a demanding one and a good work life balance can help maintain your mental health. Events in the work place and in our personal lives can prompt us to review how well existing career plans and work situations fit our needs; events such as redundancy, reorganisation, relocation or simply a lack of opportunities.

UCEM's Careers Advisor offers confidential careers advice and guidance, including CV reviews and career planning support to all students.

Bridget Wells

careers@ucem.ac.uk

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Learning & Teaching Enhancement

What we do

On the 'Study Skills' area of the VLE and through the Learning & Teaching Enhancement Team you will find resources to help you with the generic academic skills needed to successfully complete your programme of study.

We recognise that students have a variety of academic backgrounds and differ in their knowledge, skills and experience and so have study skill materials and guidance available for all levels.

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