



## 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 stress you could face due to your studies and everyday challenges.

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

**Call the student engagement team**

**+44 (0)118 9214 696**

**[Raise an enquiry on Student Central](#)**



# Defining 'wellbeing'

Wellbeing is the balance point between an individuals' 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.



**Being active is not only good for your mental health but good for your body too.**

.....

## Be active

- **Take a walk on your study breaks**
- **Participate in physical activity away from work**
- **Set yourself a finish time for academic work**

## Connect

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



**Get involved in discussion forums on the VLE**



**Become a student representative**



**Follow UCEM on social media**

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.

.....  
Be mindful



01

Take a break during your study sessions to do something you enjoy

02

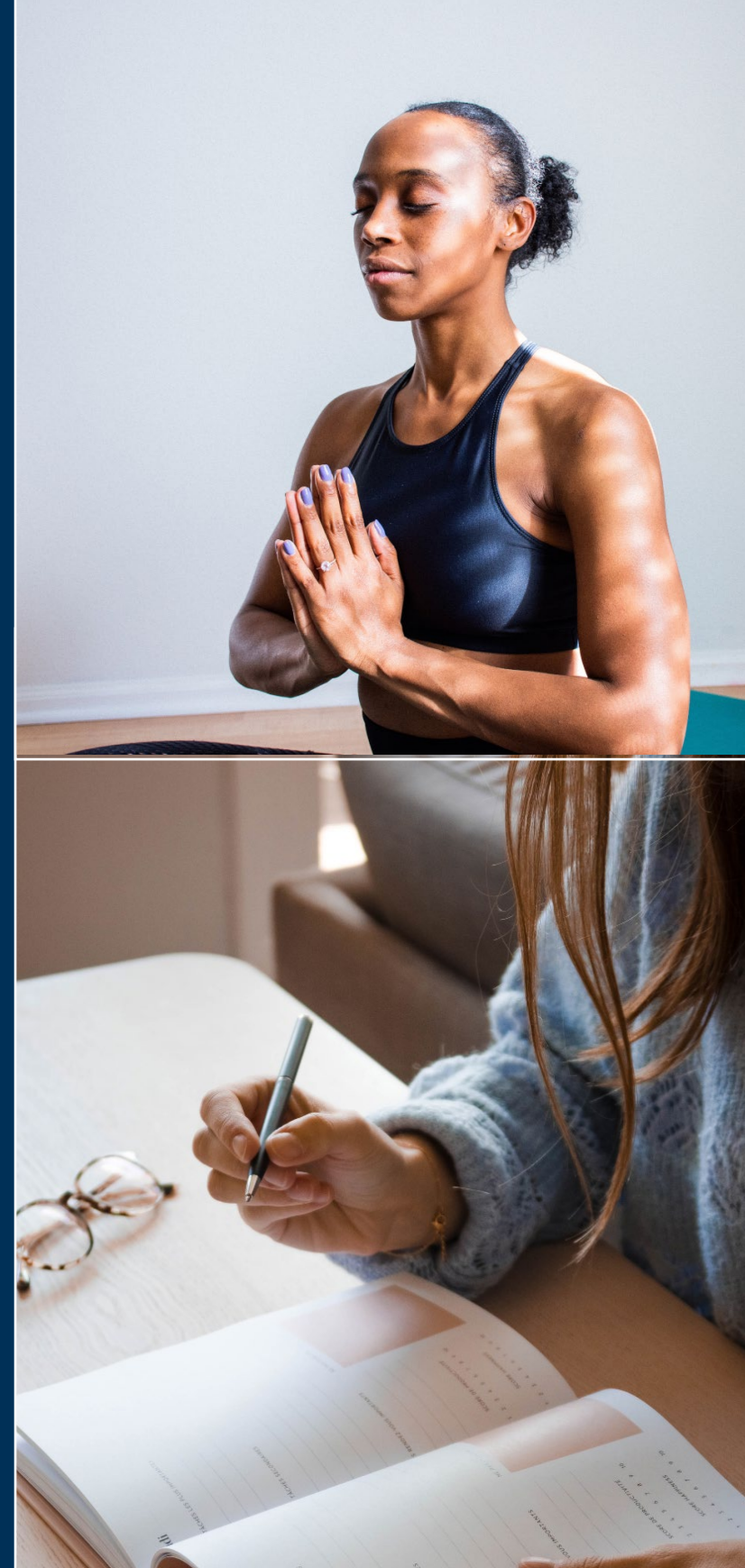
Focus on the work that needs to be done now and try not to worry about what might happen

03

Try a new way of studying e.g. create mind maps or voice recordings

04

Keep a diary of your thoughts or feelings to help track your mood



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

---

## Give to others

- Take part in UCEM's awareness events
- Share your experiences and expertise with others
- Help a friend, family member or neighbour with household tasks

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

---

## Keep learning

- 01 Plan and split up your study time
- 02 Talk to the academic Support team
- 03 Use [LinkedIn Learning](#) to develop new skills
- 04 Get involved in [UCEM's mentoring scheme](#)



## Disability & welfare

The disability & welfare team is committed to supporting students with disabilities, health conditions, and learning difficulties 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).

Support can include extensions to assignments, no penalisation for spelling or grammar and extra time in Computer Marked Assessments (CMAs).

**Richard Higgins | Phoebe Cleary**

**[wellbeing@ucem.ac.uk](mailto:wellbeing@ucem.ac.uk)**

## Academic support

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.

On the 'Study Skills' area of the VLE and through the academic support team you will find resources to help you with the academic skills needed to succeed in your studies.

**[Contact Student Central](#)**

## Careers & employability

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

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](mailto:careers@ucem.ac.uk)**



### **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**

We are the voice of dyslexic people.