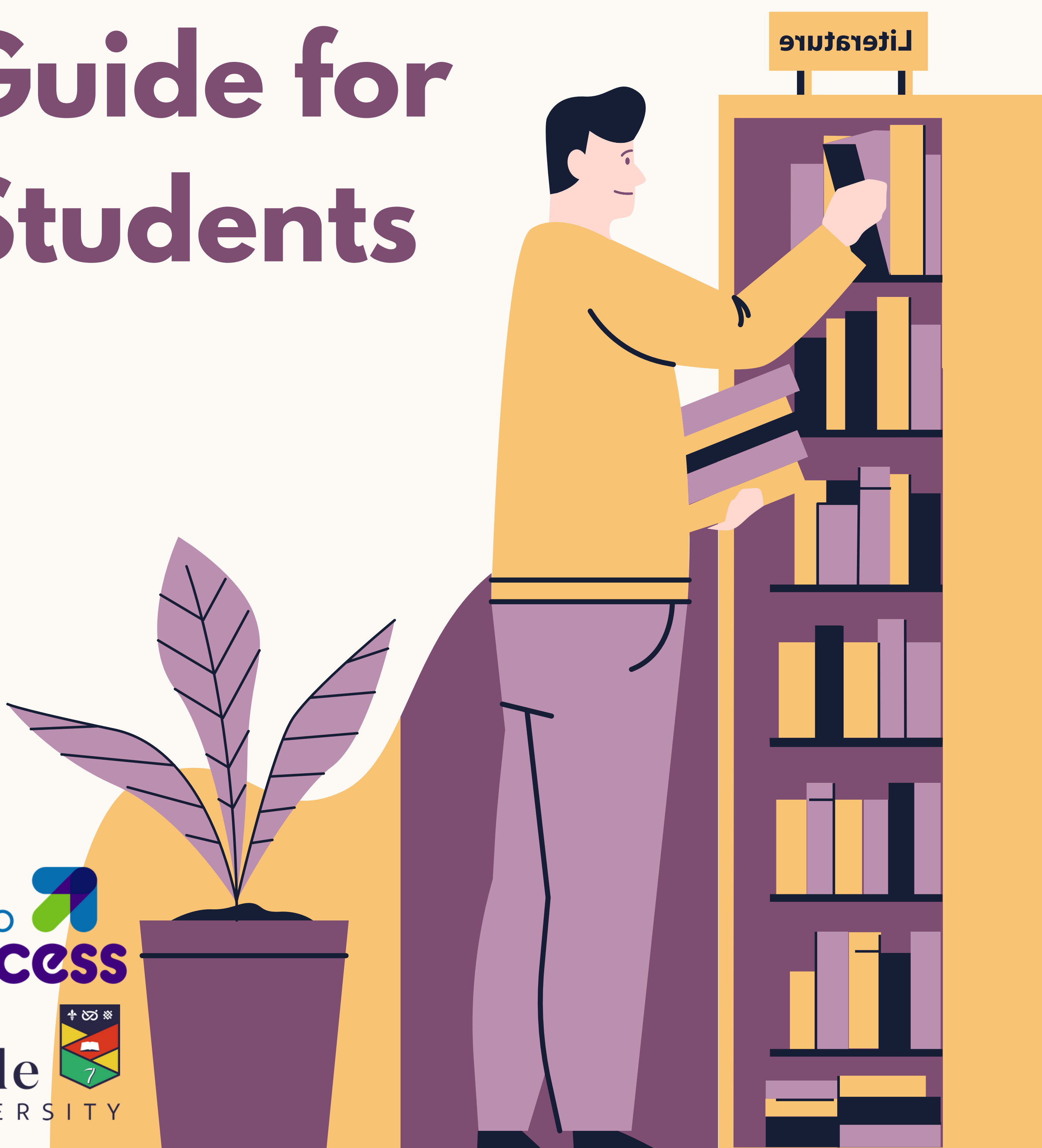


# Health and Wellbeing During the Pandemic: a Guide for Students



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# The Guide

We acknowledge that as students you face stressors and difficulties at the best of times, but in these times of Covid19, these feelings may be heightened by worries over uncertainty and the unknown. **These feelings are perfectly normal and a healthy reaction to a very abnormal situation.**

We have devised a toolkit to help you to look after your mental health and wellbeing which is particularly important during these unprecedented times and challenges. To protect your mental health and wellbeing it's recommended that you adhere to the following guidance...



# Make sure you get enough good quality sleep

Adequate sleep improves concentration, refreshes the body and restores energy.

Need to improve your sleep? Take a look at the [Big White Wall free course](#).



# Eat regular healthy meals

A balanced diet improves immunity and makes you feel healthy. Check out some brain-boosting meal ideas at [Tesco Real Food](#), [BBC Good Food](#) and [Student Hut](#).



# Drink plenty of fluids

It's important to stay hydrated to regulate body temperature, keep joints lubricated, prevent infections, deliver nutrients to cells, and keep organs functioning properly. Being well-hydrated also improves sleep quality, cognition, and mood.



# Exercise

Taking regular active breaks can benefit your mental health because of the feel-good hormones that are released with exercise. Exercise can reduce stress, and also make you more energised and productive during the rest of your working day and evening. Check out the [Keele Sports page](#) for new workouts. Alternatively, check out YouTube for other workouts from channels like [The Body Coach](#), [Yoga with Adriene](#), [POPSUGAR Fitness](#) or [Fitness Blender](#).





# Connect with others

Friendships have a huge impact on your mental health and happiness. Good friends relieve stress, provide comfort and joy, and prevent loneliness and isolation. Developing close friendships can also have a powerful impact on your physical health. Connect with your friends through Zoom or Houseparty. Why not organise a virtual quiz, dinner party or watch party?

# Make time to relax

When we relax, the flow of blood increases around our body giving us more energy. It helps us to have a calmer and clearer mind which aids positive thinking, concentration, memory and decision making. Good relaxation techniques include watching a film, reading a book, colouring in or going for a walk.





# Check in with your personal tutor

Your personal tutor is there for any personal and general academic queries so don't forget to drop them an email if there is something you are struggling with..



# Practice self compassion

It's OK to not be OK, remember  
that these are difficult and  
uncertain times. Be kind to yourself.

