

# Wellbeing Slides

These wellbeing slides have been developed to increase the reach of wellbeing messages. Below are several slides that can be inserted into lectures. We recommended inserting a slide either at the start (when students are coming in and settling), during breaks, or at the end.

The slides are split into:

- General wellbeing slides
- Activity promoting slides

If you intend on using these slides or not, we are inviting you to provide us feedback using this form (<https://bit.ly/3zIGldW>).

Completing this will allow us to evaluate this initiative.



# General wellbeing slides



# 5 ways to wellbeing

## Connect



### Why?

- Social relationships buffer against mental ill-health
- Gives you an opportunity to share experiences
- Provides emotional support
- Allows you to support others
- Helps you build a sense of belonging

### How?

- Join a society or sports team
- Text, call or go on a walk with a friend or family member and catch-up
- Ask how someone is, and really listen when they tell you
- Checkout Every Mind Matters-Social Connection on YouTube for facts and tips on keeping connected

# 5 ways to wellbeing

## Be Active



### Why?

- Enhances mood plus reduces stress and anxiety
- Regular activity is associated with lower rates of anxiety and depression
- Increases self-esteem
- Provides an opportunity for social interactions

### How?

- Stretch
- Do a quick tidy of your workspace
- Garden – [Checkout Keele Students Eats](#)
- Participate in social sports with the [Active Keele Programme](#)
- Cook a meal from scratch
- Visit the Sports Centre

# 5 ways to wellbeing

## Take Notice



### Why?

- Helps you enjoy life more – be more in ‘the moment’
- Help you understand yourself better
- Positively changes the way you feel about yourself and how to approach challenges

### How?

- Make a drink and enjoy it undistracted (no phones)
- Follow a guided meditation, body scan, or yoga session (YouTube or download the app Insight Timer)
- Take notice of your thoughts and challenge unhelpful ones (Checkout [Every Mind Matters – Reframe Unhelpful Thoughts](#) on YouTube)

# 5 ways to wellbeing

## Keep Learning



### Why?

- Boosts self-confidence
- Increases self-esteem
- Gives a sense of accomplishment
- Opportunity to connect with others

### How?

- Learn how to get a good nights sleep (checkout Every Mind Matters – [Tips for better sleep](#) on YouTube)
- Learn how to manage stress (checkout Every Mind Matters – [Take Control of Stress](#) on YouTube)
- Try a new recipe or craft skill
- Research something you have always wondered about

# 5 ways to wellbeing

## Give



### Why?

- An act of kindness each week for 6-weeks is found to increase wellbeing
- Creates positive feelings
- Gives you a feeling of purpose
- Opportunity to connect to others

### How?

- Volunteer
- Take time to listen to a friend or family members
- Say 'thank you' to someone who has done something for you
- Offer to help someone
- Give unwanted items to charity

# It ok to ask for help



## Places to find support:

- Student Services - One stop shop for information, support and guidance.
- Peer supporters (term time) - a group of trained student volunteers who can offer confidential mental health support to their fellow students
- Health Assured – Your free 24 hour confidential helpline and ‘My Healthy Advantage’ app
- Samaritans - Talk to Samaritans on 116123, available 24/7, 365 days a year. Whatever you're going through, a Samaritan will face it with you.



# Active slides



**If you can, stand up  
multiple times  
throughout this  
lecture**

Did you know standing can  
make you feel more  
energised and focused

start to   
**SUCCESS**



**Stretch, Stand, or go  
on a short walk during  
this lecture break**

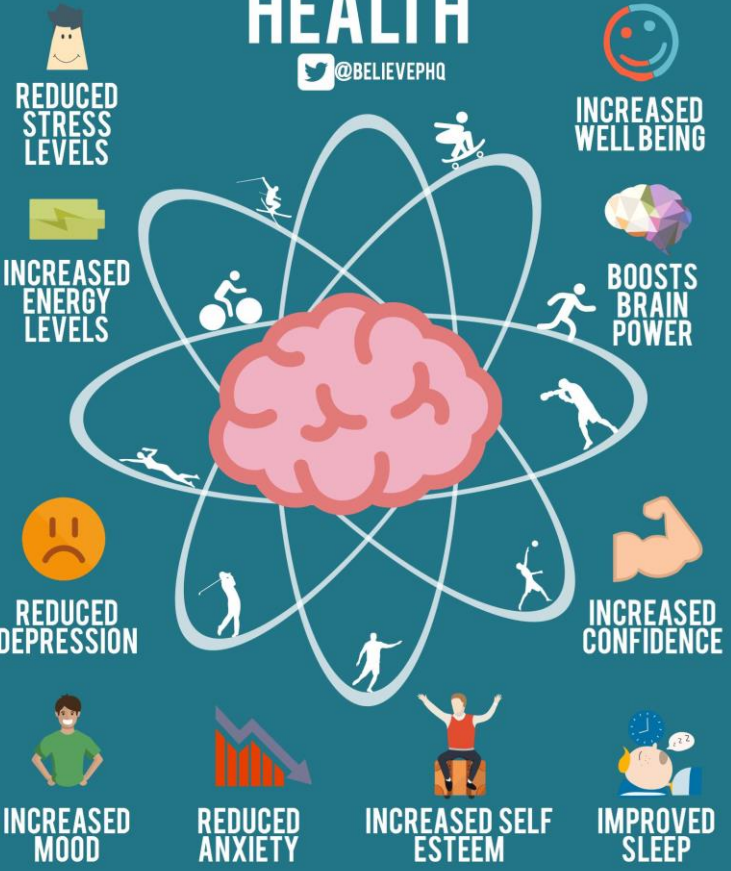
Did you know being active helps  
you to retain new information!

start to   
**SUCCESS**



# THE BENEFITS OF EXERCISE ON MENTAL HEALTH

@BELIEVEPHQ



Look after your mental wellbeing by regularly being active

This could be:

- Attending an Active Keele Session, exercise class, gym or online exercise session on YouTube (The Body Coach, Yoga with Adriene)
- Exploring campus
- Dancing
- Stretching
- Standing while on the phone or reading a journal article/book

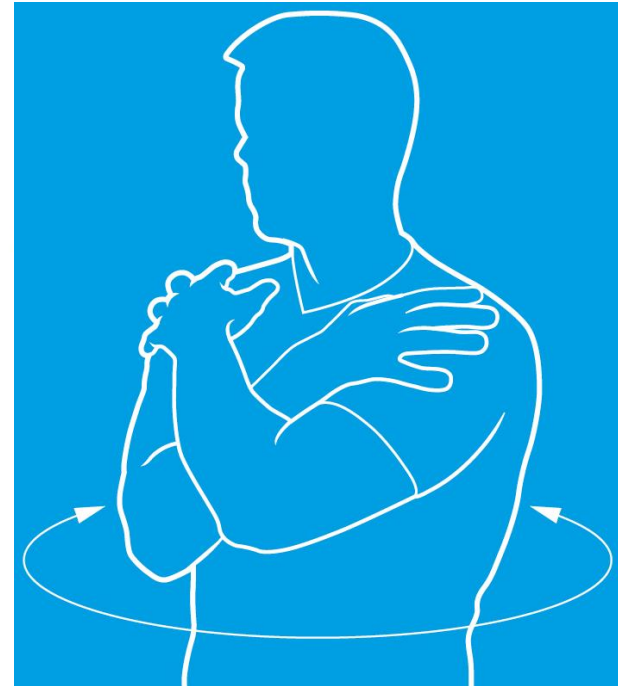
# Stretch break

## Stretching helps boost circulation

- While seated, cross your arms over your chest.
- Grab your shoulders, or as close to your shoulders as possible
- Rotate your upper body from the waist, turning slowly from left to right as far as you can.
- Repeat 5 times.

You should feel the tension on both sides of your lower back as it stretches out.

start to   
**SUCCESS**



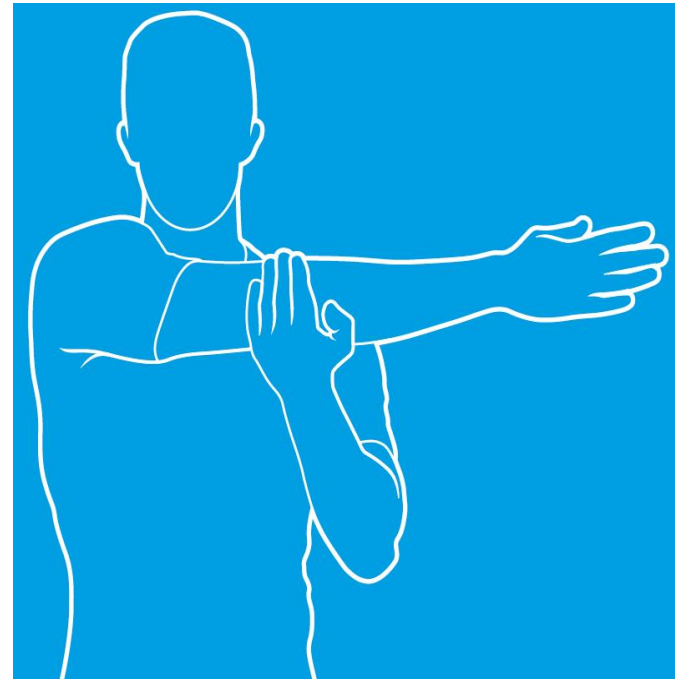
# Stretch break

Stretching can reduce pain and stiffness

- Hold one arm across your body.
- Pull your elbow into your chest.
- Hold for 20 seconds
- Repeat on the other arm

You should feel your shoulder gently stretching.

start to   
**SUCCESS**

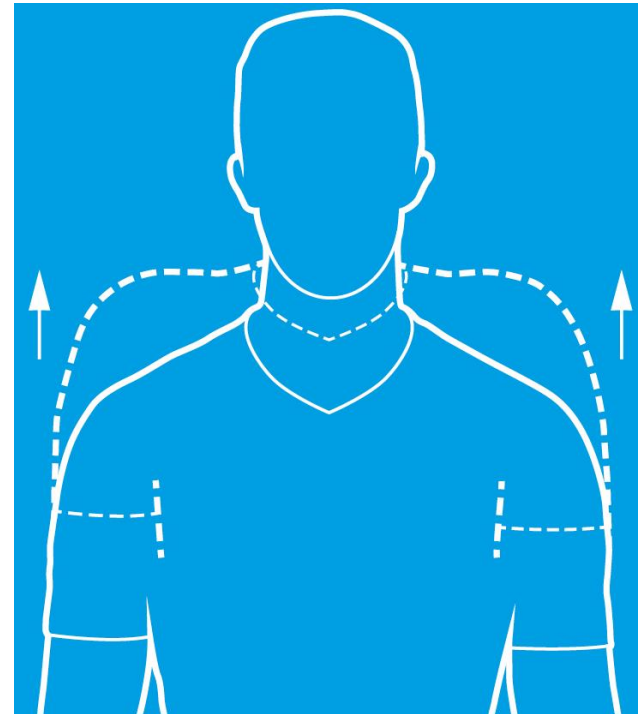


# Stretch break

## Stretching can energise you

- Gently lift your shoulders.
- Hold and squeeze at the top for 5 seconds.
- Let them fall.
- Repeat 5 times

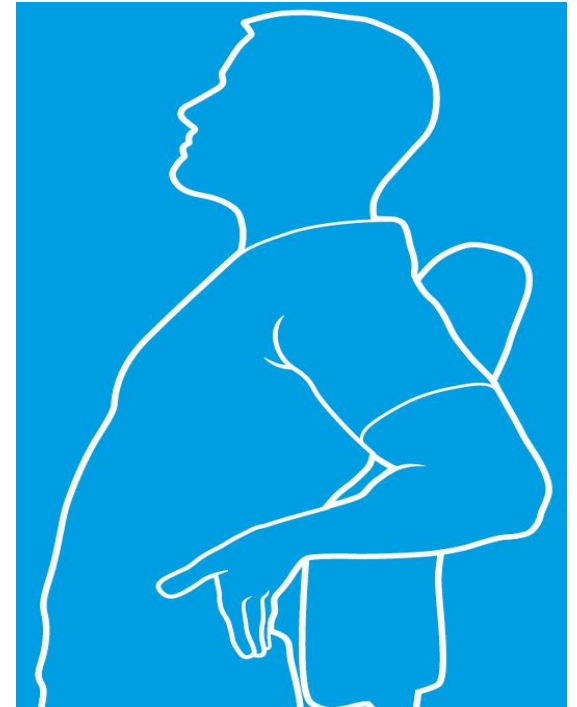
You should feel the tension being released as your shoulders drop.



# Stretch break

## Stretching can improve posture

- Sit straight with your feet together.
- Put the palms of your hands into the small of your back.
- Lean back over your hands, feeling your lower back stretch out
- Hold for 10 seconds





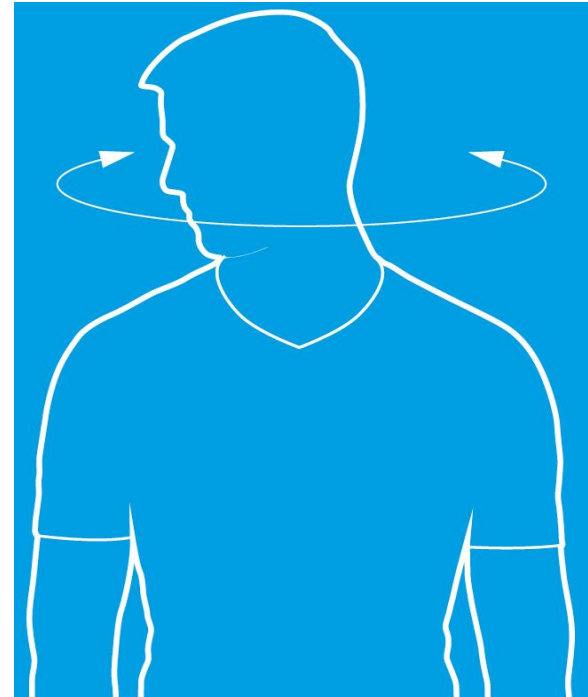
# Stretch break

## Stretching increases flexibility

- Sit up straight and roll your shoulder back.
- Keep your head upright and gently turn your head from side to side.
- As you turn your head, try to move it past your shoulder.
- Repeat 5 times

You should feel the muscles on the outside of your neck gradually stretching.

start to   
**SUCCESS**



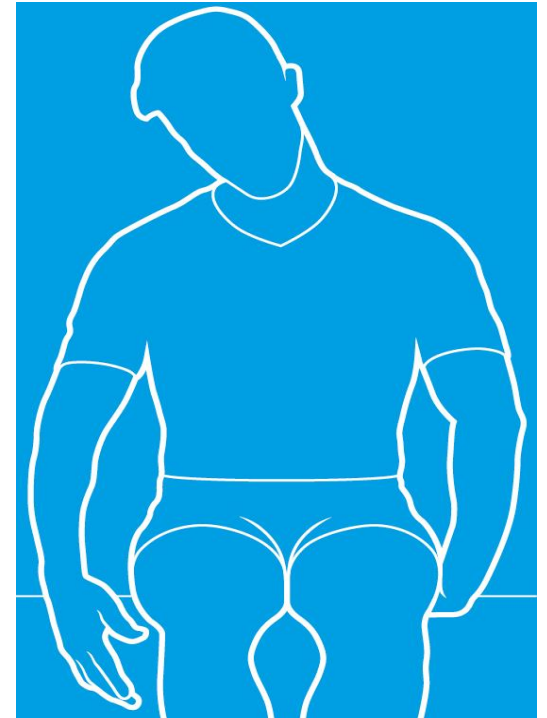
# Stretch break

Stretching can prevent fatigue and discomfort

- Sit on one hand.
- Tilt your head away from the hand you're sitting on, and hold for 10 seconds
- Tilt your head slightly forward, towards your shoulder, and hold for 10 seconds
- Repeat on the other side.

You should feel the muscles in your neck and shoulder being stretched.

start to   
**SUCCESS**



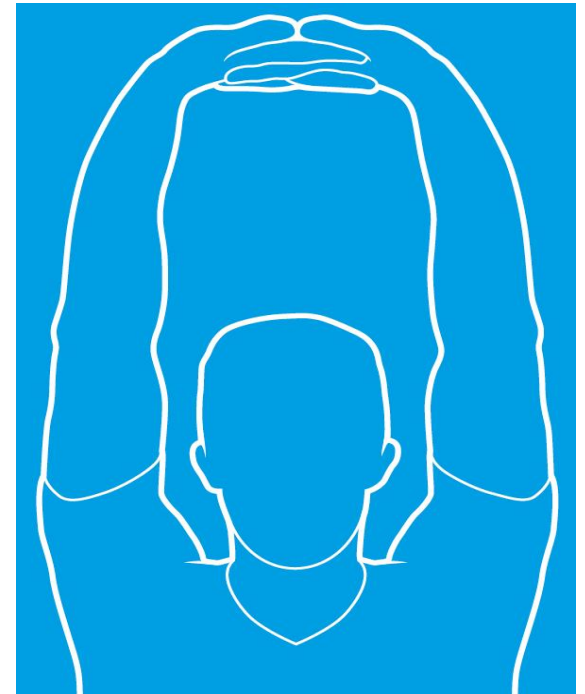
# Stretch break

## Stretching can reduce stress

- Sit upright and link your hands.
- Move your hand forward with palms facing outwards, hold for 5 seconds
- Raise arms above your head, with your palms facing upwards.
- Reach as high as possible and hold for 5 seconds

You should feel your shoulders stretching.

start to   
**SUCCESS**



# Every Move Counts

*towards better physical & mental health*

start to   
**SUCCESS**

## Have mini active breaks

- Move between changing tasks
- Move during lecture breaks - stand, stretch
- Do star jumps, squats, or jog on the spot while waiting for the kettle to boil
- Eat lunch away from your work area

## Remind yourself to move every hour

- Put a note on your desk
- Set reminders on your phone

Let's Move!

## Move while sitting

- Tap your feet
- Leg raises
- Twist from side to side
- Desk yoga/ stretches

## Top Activity Monitoring Apps

- Rise and Recharge
- Google Fit
- Encourage

