



Supporting your wellbeing

Session 1: Introduction to Wellbeing

What does wellbeing mean to you?

Jot down a few key words or phrases...

WELLBEING

SO WHAT DOES IT MEAN?

The truth is, wellbeing is a word that gets used a lot in day to day life, but there are multiple definitions of the term, and what it means to one person may be different to what it means to someone else. Wellbeing also includes mental and physical aspects..



DEFINITION OF MENTAL WELLBEING:

Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.

World Health Organisation, 2014

SIGNS OF GOOD MENTAL WELLBEING

YOU ARE ABLE TO:

- feel relatively confident in yourself and have positive self-esteem
- feel and express a range of emotions
- build and maintain good relationships with others
- feel engaged with the world around you
- live and work productively
- cope with the stresses of daily life
- adapt and manage in times of change and uncertainty

Why is it important to talk about mental health and wellbeing?



<https://www.youtube.com/watch?v=PiqcSSDwwvY>

FACTS AND FIGURES

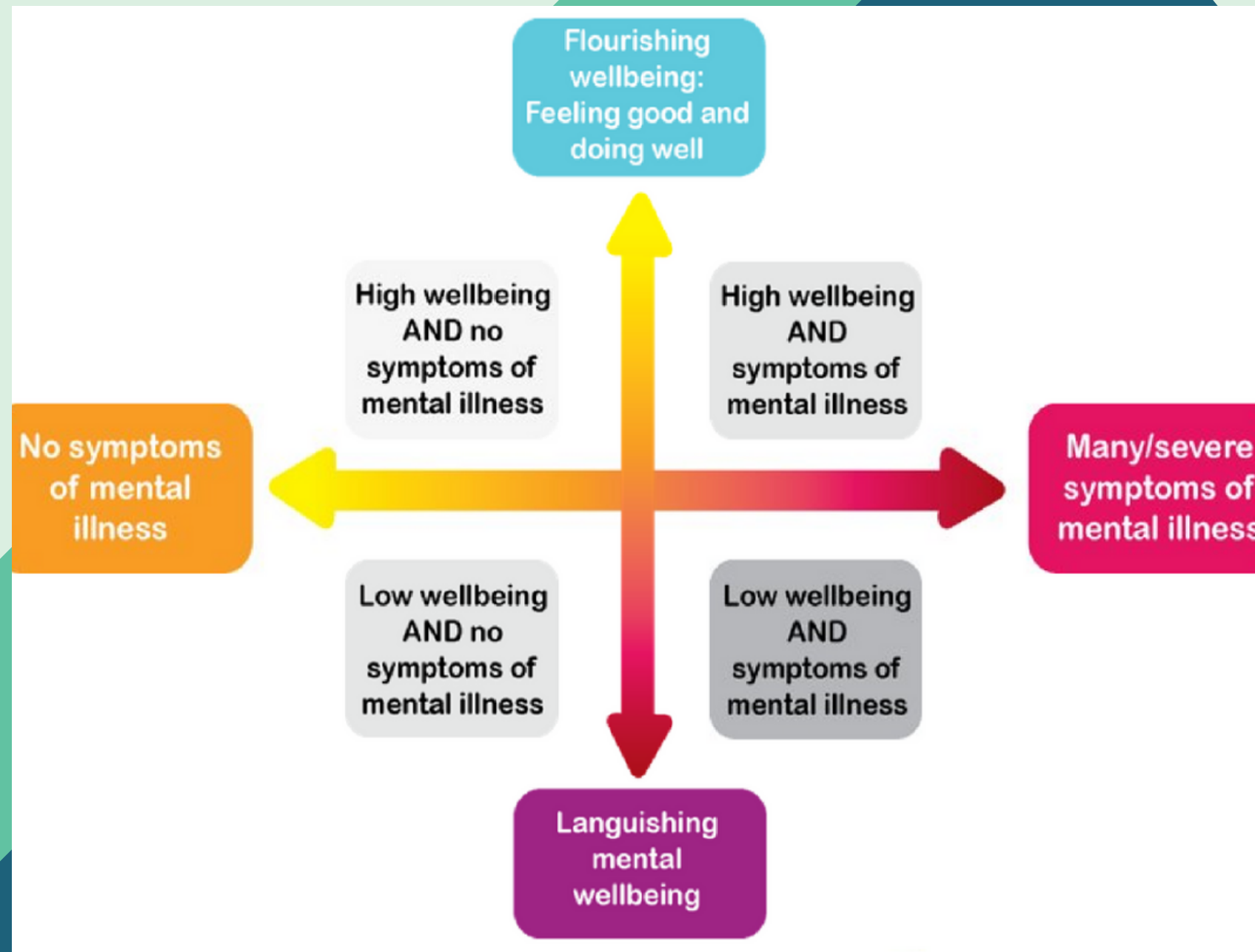
- 88% student reporting often worrying
- 56% of students experience anxiety at university
- 47% of students experience depression at university
- 80% of students report often feeling lonely, with 1 in 3 students always experiencing loneliness
- 75% of students will not disclose mental health issues to those around them
- 38% of students report their wellbeing worsening since starting university

FIGURES BASED ON ALTERLINE SURVEY
AND INSIGHT NETWORK SURVEY

MENTAL HEALTH CONTINUUM

It is important to know we all have mental health. Our state of mental health may change from day to day, week to week and that is ok.

The more you can be aware of your mental health and wellbeing, the better you will be able to manage the ups and downs that you may experience.



Draw the mental health continuum and mark where you think you are. Also note, does this change, and if so what impacts the change?

WHAT MIGHT AFFECT MENTAL WELLBEING?

MANY LIFE EVENTS CAN AFFECT YOUR WELLBEING:

- Bereavement
- Loneliness or isolation
- Transition or life changes (such as starting uni!)
- Relationship breakdown
- Money worries
- Academic or work stress
- Lack of sleep
- Unemployment
- Past trauma
- Caring responsibilities



FIVE WAYS TO WELLBEING



Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life, and is recommended by the NHS as one of the first methods to improve wellbeing.

GIVE



Participating in activities which help others can improve your feelings of happiness and self-worth. Even small acts of kindness within your daily life can make a difference.

- Send a motivational message to your friend before an exam.
- Help a struggling classmate by organising a group revision session.
- Take part in a volunteering project with your Students' Union.

BE ACTIVE



Regular physical activity is associated with lower rates of depression and anxiety across all age groups. There are lots of ways to start incorporating physical activity into your daily life while at university.

- Take the stairs rather than using the lifts in campus buildings.
- Join a sports team, whether it's competitive or just for fun.
- Try out some 'desk exercises' such as stretching while you're studying.

KEEP LEARNING



Lifelong learning can enhance your self-esteem and confidence, which in turn has a positive impact on mental wellbeing. At university the opportunities to learn new skills are endless.

- Take an elective module in a subject different to your main degree course.
- Join a society where you can learn new skills or knowledge.
- Learn how to cook a range of healthy meals to suit your student budget.

CONNECT



Good relationships are important for your mental wellbeing, so try to make sure you spend time with other people. It's important to maintain social distancing, but you can still get the benefits of seeing people face to face as well as online.

- Make time to talk to your friends through video chat, rather than sending a message.
- Organise a group dinner within your household.
- Arrange to walk to your class with your coursemates.

TAKE NOTICE



Being aware of the present moment that you are in and how you are feeling can improve your mental wellbeing. This is sometimes referred to as mindfulness.

- Pay attention to your thoughts and feelings, your body and the world around you.
- Create a positive and clutter free environment for your desk or workspace.
- Make a note of how you feel in different situations.

List what you already do for each of the 5 ways to wellbeing, and something new that you could try for each of the 5 ways.

THANK YOU

WE HOPE THAT YOU FOUND THIS
SESSION HELPFUL AS YOU START
YOUR UNIVERSITY JOURNEY