

Staying well



in Isolation


Staying connected & keeping well



INTRO

This year has been a lot to process to say the least! We know that a lot of you would have found starting university or progressing into the next year stressful, and this certainly won't have helped by the additional pressure of a global pandemic.

We have created this guide with the help of our Student Advisory Panel for students who may be feeling isolated, or are physically isolating because of the virus. The guide aims to showcase ways to stay connected and keep well at this strange time.



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**STAY
CONNECTED**

STAY CONNECTED WITH FRIENDS & FAMILY.

Connecting with others is one of the five ways to wellbeing, and as social distancing and isolation has become a reality there are still many ways you can enjoy time with friends and family.



- **Plan a virtual dinner party:** get your friends to all cook the same dish and eat it together on video chat
- **Host a happy hour:** teach the group to make a cocktail with ingredients around the house or talk about a spirit or beer.
- **Organise a film night:** set up a Netflix Watch Party
- **Set up a book club:** meet up virtually to discuss your favourite reads
- **Plan a games night:** have a look at Jackbox Games, Psych, Among Us or Draw Something
- **Host a karaoke night:** get your mates on a call, stick on your favourite songs and sing your heart out

- **Write handwritten letters to people:** this is a great way to get creative and keep connected to others
- **Host a pub quiz:** why not set up regular quiz nights and ask someone different in the group to run this each time
- **Complete an online escape room:** test those escape skills with an online escape room that can be played by different households at the same time

Top Tip!

"For me personally, I have really enjoyed being able to face time relatives, it has helped me to feel more connected with people rather than just sending a text. It makes it feel more human being able to see someone's face."

Beth, BSc Psychology



Top Tip!

"...connect with services at the university when you need support and/or a chat. For example..there is the rest & reset - mental health & wellbeing lounge."
Beth, BSc Psychology

STAY CONNECTED WITH THE UNIVERSITY

Connecting with the University will ensure you are up to date with all of the latest guidance, news and events that are taking place.

Join a club or society: connect with the SU to find out more about the clubs and societies that are available.

"This could be through societies and sports taster sessions, or also getting in touch with your academic society too to ask about socials."

"Some clubs are running virtual training sessions which are really awesome, and something people might want to join in with."

Follow the university social media pages: Make sure you follow the social media for the latest updates on events.

Top Tip!

"Get involved in the chat function on Blackboard and/or teams to connect with other students (of course being appropriate). On my first day back, everyone was saying hi to everyone, we all had a mini catch up before the lesson started. I think it is a nice way just to reconnect with people, especially if you have not seen these people in a while like myself."
Beth, BSc Psychology



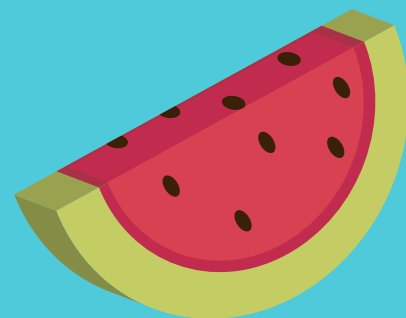
The image features a solid teal background enclosed within a thin white rectangular border. A large, horizontal, textured purple brushstroke graphic spans across the middle of the frame. The text 'YOUR WELLBEING' is centered within this brushstroke in a bold, white, sans-serif font.

YOUR WELLBEING

EAT WELL

Eating a balanced diet can contribute towards maintaining good health and help you feel your best by:

- improving mood
- boosting energy levels
- preventing and/or managing diseases

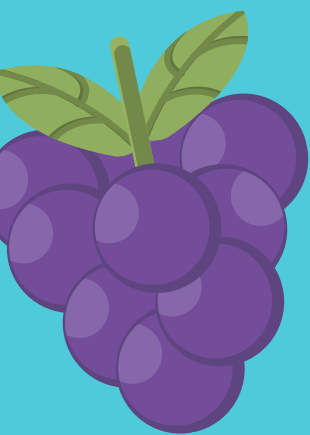


Did you know?

Keeping hydrated is important for concentration while studying or doing any task. Keeping a reusable water bottle with you at all times should help remind you to regularly drink

Our eating habits affect our mood. Try to:

- Eat regularly
- Start your day with a good breakfast
- Keep healthy snacks on hand
- Eat plenty of fruit and vegetables
- Enjoy your food!



- Find out more about how to eat well on a budget and how to eat well at university [here](#).
- You can also find further information about the NHS Eatwell Guide [here](#).

BE ACTIVE

Being Active shouldn't be seen as something we 'should' or 'have to' do - it's something to be enjoyed and a wellbeing tool for our mental and physical health

Top Tip!

"I'm usually very active, so with everything closed I ended up doing home workouts (Chloe Ting's). They're really good, and there's something for everyone! (I currently have a knee injury and could still complete them)."

Sarah, MSci Forensic Investigation

Top Tips for Staying Active:

- Give an at-home workout a try: loads of great free videos can be found on [Matrix Youtube](#), the [Body Coach](#), [Yoga with Adriene](#) and [Fitness Blender](#)
- Take a walk around campus (as long as no rules are broken!): A map of walks around the Keele campus can be found [here](#).
- Download a free app to help you get more active: try out [One You Active 10 Walk Tracker](#), [One You Couch to 5K](#), [Rise & Recharge](#) or [Google Fit](#)

Did you know?

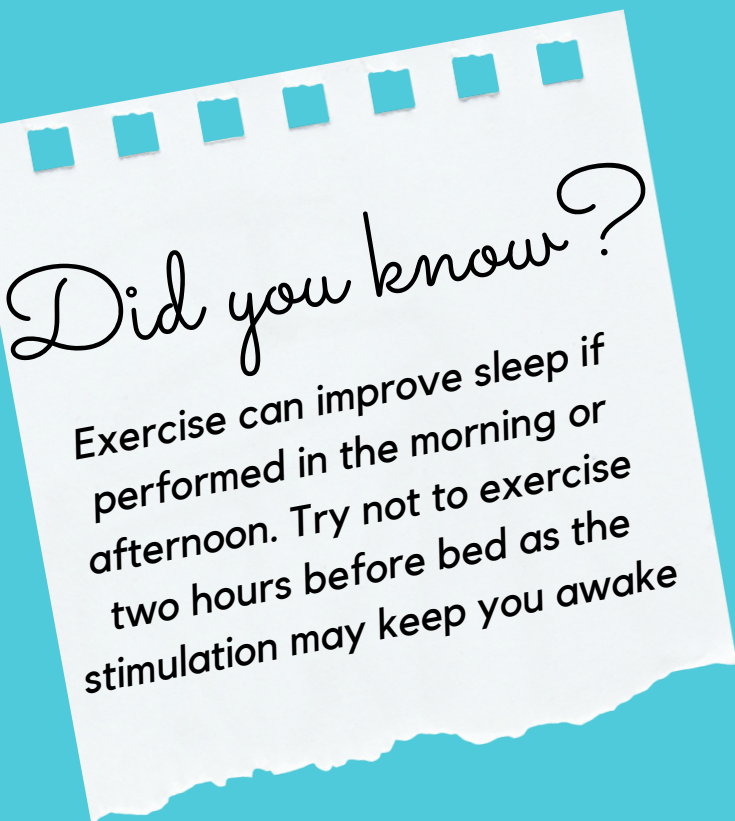
Students who are active through their studies are more likely to obtain higher grades, feel more energised and have a good overall wellbeing



SLEEP WELL

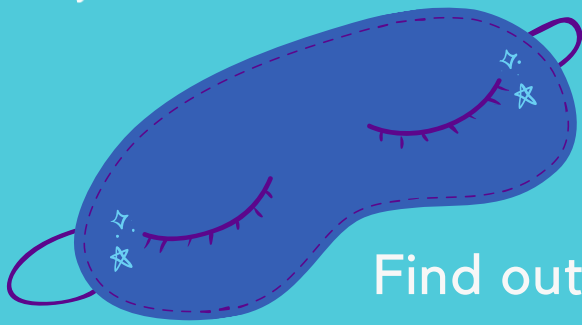
Getting a good nights sleep can support your overall health and wellbeing as it:

- improves mood
- boosts immunity
- reduces the risk of mental illness
- improves creativity, learning and productivity



Top tips for a good nights sleep:

- Have a regular routine! It's important to have "healthy sleep patterns because having little amounts of contact hours can make keeping a normal sleep routine harder".
- Create a restful environment
- Limit caffeine, smoking, alcohol and screen time



Find out more on [Student Space](#) about how to improve your sleep, or watch this [video](#) from Every Mind Matters.

RELAXATION & SELF-CARE

It is important to take time away from your studies to care for your wellbeing, although this can be challenging. Taking time to relax will help to:

- improve mood
- reduce fatigue
- improve creativity
- improve concentration

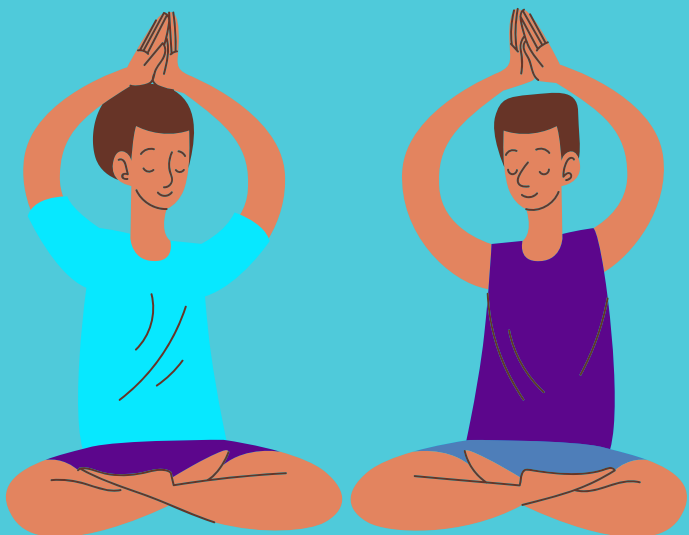


Relaxation Tips

Mind, the mental health charity have developed a video sharing eight relaxation tips for your mental health. Watch it [here](#).

It can be hard to take time to relax when you are stressed and worried, so try to take notice of what is concerning you and take control of them.

Take a look at these videos to learn [how to control stress](#), learn [how to tackle worries](#), [learn to reframe thoughts](#) and [learn a mindful breathing exercise](#)



Self care is different for everyone, so it's important to find what works for you to help you relax.

Some ideas from POPYRUS can be found in the link below:

[Self Care for students in self isolation](#)

MANAGING COVID-19 ANXIETY

1

Talk to someone about how you're feeling

While it is normal to feel worried, if you are starting to feel overwhelmed, it's important to acknowledge your feelings and speak to someone you trust, whether that's a friend, a family member, a teacher or a helpline.

2

Arm yourself with the facts

There is a lot of information about the virus out there and false reports can fuel anxiety. Stay on top of what's happening by using the [government website](#); it is the most up-to-date and reliable source of information. The [NHS coronavirus page](#) can also be useful if you are worried about symptoms or family members.

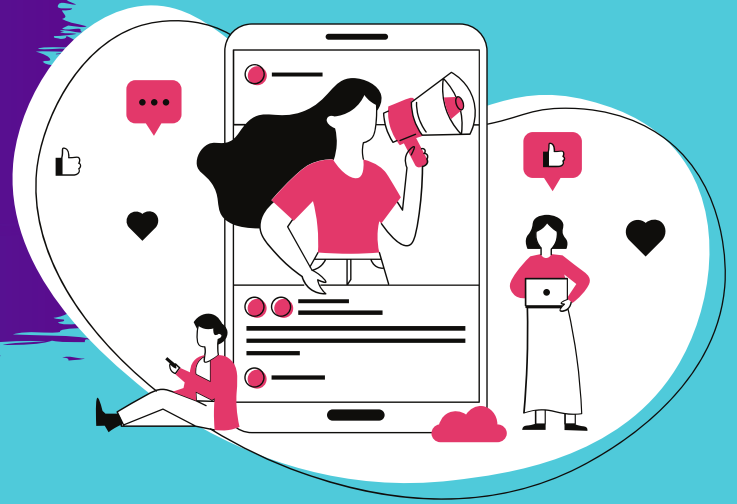
3

Know what you can do

If you are feeling scared or panicked by coronavirus, remind yourself that there are practical things you can do. There is lots of advice about this on the [NHS website](#).



MANAGING COVID-19 ANXIETY



4

Don't overexpose yourself to the news and ensure updates are from reputable sources

Staying informed can make you feel in control but the constant news reports could also become overwhelming. Try to get your information from reputable websites (like those we've mentioned above).

5

Find things that help you feel calm

Like at any other time, it's important that you are not only looking after your physical health, but your mental health too. Think about some activities that can help when you are feeling overwhelmed, like breathing techniques, writing down how you feel, playing music or talking to a friend.

6

Try to cut down the amount of time you spend on social media

Do take a break from social media if you feel like the updates are getting too much. Remember you are in control of what you see on your feed. Take breaks when you do feel like things are getting too much or mute and unfollow accounts that make you feel more worried.



**KEEP
ENTERTAINED**

7 WAYS TO KEEP YOURSELF ENTERTAINED

Our Student Advisory Panel have suggested 7 ways to keep yourself entertained. Why don't you have a go at some of them?

1 Podcasts

Listening to podcast can be like having someone to keep you company!

Beth says *"...Of course, this will depend on what the student is interested in, I personally love Psychology and I listen to "Psychology in Seattle" who have a YouTube channel as well. They do podcasts and reactions, i.e. currently reacting to 90-day fiancé..."*

2 TV

Make the most of our nights on the sofa watching quality TV.

Sarah says... *"I'd recommend Peaky Blinders for sure - it's definitely an interesting one, and the casting is brilliant."*

Top Tip!

"...virtual bingo with the family where we emailed pdf versions of bingo calls and one person was the bingo caller using a bingo calling app."

Mia



Top Tip!

"Remember that Spotify has a podcasts section, you might find something new/interesting to listen to. For example, I just came across one for conspiracy theories which seems interesting and one called "Happy place" Beth, BSc Psychology"

7 WAYS TO KEEP YOURSELF ENTERTAINED



3

Read a book

Any sort of reading is good for the soul

Sarah says *"I also read A LOT - love a good book"*

4

Cook

Cooking can be a very fulfilling, rewarding and meaningful task. Beth says *"Start cooking. During this period I have started cooking so much more! I recently made myself Moroccan-style spiced soup."*

Sarah says *"Me and my housemates used to try to cook our meals together so that we could socialise and share responsibilities."*

5

Learn a new skill

Keeping learning is one of the 5 ways to wellbeing.

"Learn something new, such as a new language. I have been trying to learn Japanese"



Top Tip!

"I found picking up doing crafts can be something that you can do by yourself but also with others in the household, such as knitting, sculpting or crochet"

Mia,

7 WAYS TO KEEP YOURSELF ENTERTAINED

Top Tip!

"...Get active through online workouts or yoga. I came across videos for "Tae bo" which I really enjoyed and it was something different and got me moving."

6 Get Creative

Getting creative is a great option when going outdoors isn't an option.

Beth says *"I really love doing handwritten letters to people, it feels more personal and I've gotten creative whilst doing it i.e. I draw a fancy border around it and pictures for the recipient. For example, I know someone who loves space so I created a space-themed card where they could open up the planets."*

7 Play a Game

From virtual bingo to online gaming - there is something for everyone.

Beth says *"Among us is really big at the moment, for me, it has been a great source of entertainment and a great way to connect with friends."*

Sarah says *"Me and my housemates.. would play on the Wii we shared too - Mario Kart tournaments were great!"*





**KEEP
LEARNING**

TIPS FOR LEARNING FROM HOME

By now the novelty of working or studying from home has likely faded away and maintaining productivity is challenging.

MAKE A PLAN

The tutor or Lecturer will prepare your lessons, but it'll be good if you'll plan how you'll be studying at home.



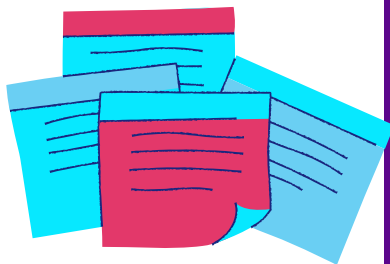
BE PROUD OF YOUR ACHIEVEMENTS

Studying at home isn't easy. Reward yourself for each small success.



TAKE NOTES

Notes will help you remember lecturers as you watch them. It'll also be useful for reviewing later.



DO ONE THING AT A TIME

Finish one lecture before moving to the next. Do one assignment before another. Lessen multitasking.



TAKE A BREAK

Do your work in blocks to lessen the strain. After finishing one lecture, take a five minute break before moving on.



KEEP YOUR ROUTINE

Treat your day as if you're going to Uni. Get up, take a shower, have breakfast.

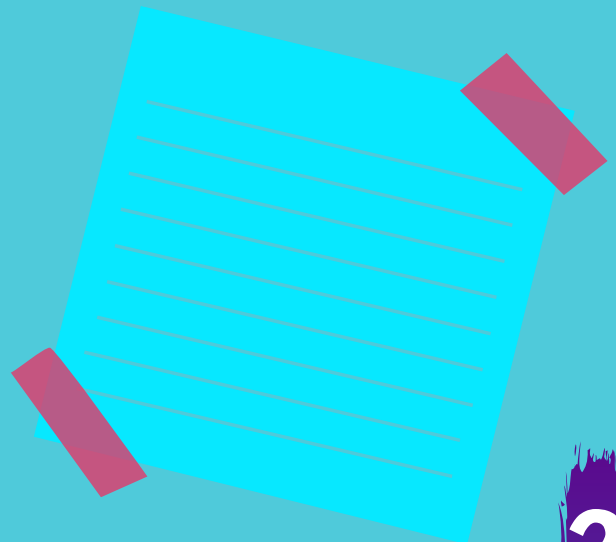


STAYING PRODUCTIVE

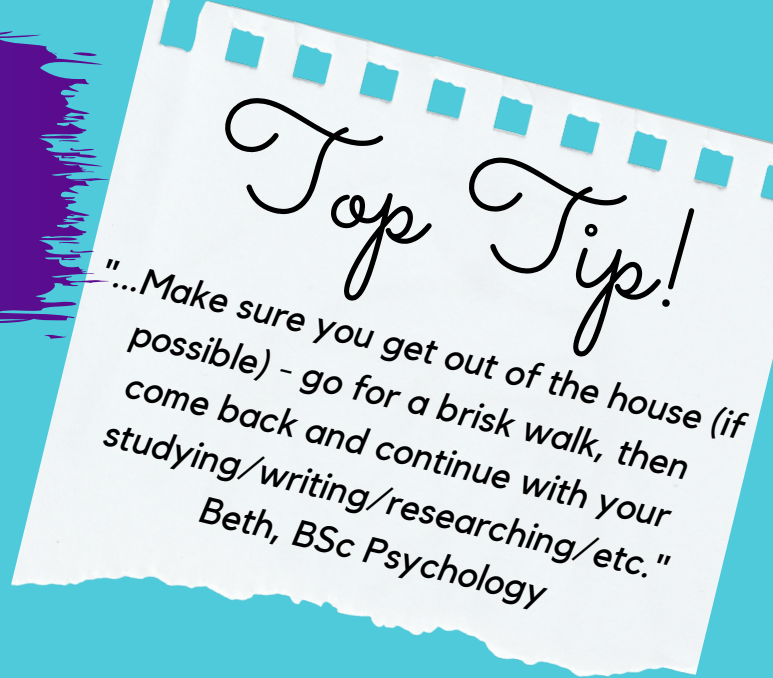
The Student Advisory Panel have shared some of their top tips for staying productive



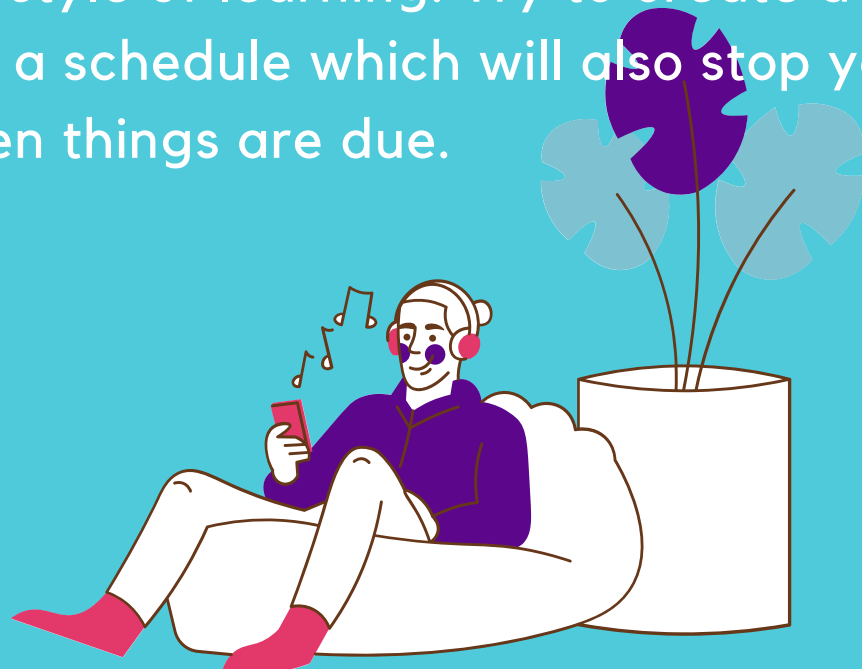
- **Scheduling your time very well** - it can be easy to leave everything to the last minute, but if you plan a time every day to do a bit of work, it can all be done very quickly. Try to make work fun - so this could be through creating kahoots with a group of your coursemates with a prize, or having casual (digital) group conversations about work.
- **Make your notes look good** - adding some pictures and colour can make studying more enjoyable



STAYING PRODUCTIVE



- **Make sure you take a break** - During this period, the hours seem to pass by so quickly, you might open up a piece of work in the morning and the next thing you know it is time to go to bed! Taking a break can boost concentration and productivity, as well as boost your wellbeing.
- **Create a schedule for yourself** - It's easy to get behind with coursework, especially when working remotely due to lack of motivation or difficulties with the new style of learning. Try to create a checklist and a schedule which will also stop you worrying when things are due.



STAYING PRODUCTIVE

Top Tip!

"Most importantly understand that there has been a big change - it is different and we are all just adapting. Don't be so hard on yourself."

- **Set yourself achievable targets, daily and/or weekly** - *"For example, today my target is to complete my lecture notes for one of my modules. Last night I was starting to write them out, but I recognised that I was just exhausted, so I set that as my target for today. Now, I was able to wake up refreshed and felt ready to complete my notes."*

Top Tip!

"Make sure to take breaks - when isolating you won't have as many reasons to go out or leave the house so it's easy to sit all day. I try to have a complete day off where I can relax or do something fun which helps me feel more motivated/recharged."



You can find more tips for studying during Coronavirus on Student space [here](#)

STAYING PRODUCTIVE

"One big thing me and my friends are struggling with in isolation is feeling quite down and lack of motivation.

Something we have decided to do as a group but you can also do alone is to write out 3 things each day.

- *One thing I want to achieve today*
- *One thing I will do to relax/take care of myself*
- *One thing I am grateful for in my life today*

My other friend is just writing down 3 positive things each morning to start off the day well!"

Lauren

The image features a solid teal background enclosed within a thin white rectangular border. A large, horizontal, textured brushstroke in a deep purple color spans across the middle of the frame. Centered on this brushstroke is the text "FIND SUPPORT" in a bold, white, sans-serif font. The text is arranged in two lines: "FIND" on the top line and "SUPPORT" on the bottom line.

**FIND
SUPPORT**

SUPPORT AT UNI

Student Hub - General Student Advice

The student Hub is a one-stop-shop for information, support and guidance on a wide range of issues.

Student Guidance - Welfare/Wellbeing Advice

We have a team of friendly, approachable Student Guidance Advisors who can help you with any problems or questions you may have whilst studying at Staffordshire University. Appointments will be online/via telephone - Both bookable [online](#)

Student Wellbeing - Student Wellbeing Support

Counsellors and Student wellbeing advisors are able to offer support to students experiencing a wide range of mental wellbeing difficulties.

Wellbeing Peer Mentors

A group of trained volunteer students who are able to provide support and guidance to their fellow peers. They will be hosting 'Rest & Reset' Mental health Lounges this year so keep your eyes peeled and pop along!

e:wellbeingpeermentors@staffs.ac.uk

International Student Support

A team who provide specialist support, advice and guidance. They also manage welcome and transitions experience for International Students and provide expert immigration advice.

Out of Hours Support

Out of Hours support officers will be located with the security team. T:01782 294444

Residence Support

Residence Life Team are located in Coalport Residences Hub. The team can provide support if students have got concerns or complaints about their current accommodation.

Greenpad - For students living in private rental accommodation.

Disability Support

The Accessibility services team provide support and advice to students and their supporters from pre-application through to graduation. They will advise students on funding, Disabled students allowance (DSAs), what support they are entitled to. Telephone appointment are bookable [online](#)

Sexual Violence Prevention and Support

The sexual violence prevention and support team are in place to support students who have experience sexual violence.

Student Advice Centre (Students Union)

Delivers free, impartial, confidential, non-judgemental advice, information and representation.

Money Management

Academic Skills

Careers and Personal Development

Top Tip!

"And most of all remember to reach out if you need to, or if you just need someone to chat too..."

Beth, BSc Psychology

OTHER SUPPORT

Togetherall (previously Big White Wall): 24/7 online peer and professional support, with trained counsellors www.togetherall.com

Student Space: Support for students during the pandemic and advice and information www.studentspace.org.uk

Mind: Advice and support to empower anyone experiencing a mental health problem www.mind.org.uk

Staffordshire Mental Health Helpline: Support if you are feeling concerned, worried, stressed or low, or if you are worried about someone you know.

Call 0808 800 2234 | Text 07860 022821 |

Email Staffordshire.helpline@brighter-futures.org.uk

Open 7pm-2am weekdays, 2pm-2am weekends. Every day of the year.

National helplines:

HopelineUK 0800 068 4141

SANELine 07984 967 708

Samaritans 116 123

Beat Eating Disorders Studentline 0808 801 0811

Contact your **GP** or call **111** for advice and support

Download a [self-help app](#) on your phone

**If you require urgent support call 999 or visit your
local Accident and Emergency**

Staying connected & keeping well



Made for you by

start to 
SUCCESS