# WELLBEING AND MENTAL HEALTH

Looking after your wellbeing and mental health is important while studying. Starting and maintaining good habits as we grow older is important for a healthy relationship with ourselves and others.
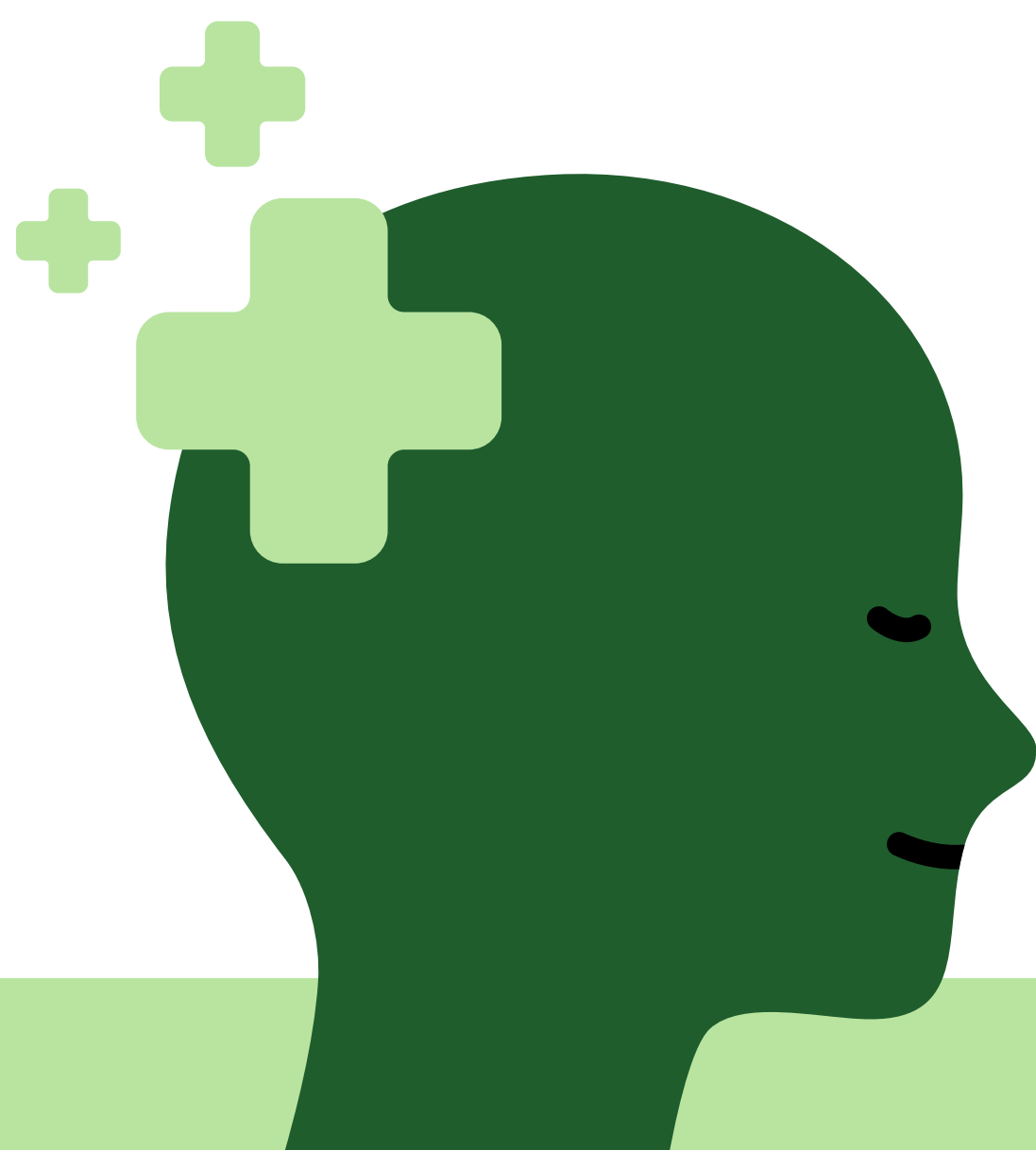
While Covid may have changed how we do things and our normal way of life, it's important we reflect on what we've done to look after ourselves and what we can and should do as we ease to a "new normal" and your next step in your journey.

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## Some good habits...

- Ditch the negative social media and follow positive and empowering influencers and pages
- Take breaks from the screen - whether this is your phone, TV or laptop
- Exercise! The boost in endorphins makes us feel good
- Fresh air and getting in touch with nature
- Eat healthy and eat well
- Have a moment just for yourself

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## Useful links

- **Young Minds.org**
  https://youngminds.org.uk/

- **Mind.org**
  https://www.mind.org.uk/information-support/for-children-and-young-people/

- **Student Stress Tips (NHS)**
  https://www.nhs.uk/conditions/stress-anxiety-depression/student-stress/

- **Every Mind Matters**
  https://www.nhs.uk/oneyou/every-mind-matters/

- **Helplines**
  https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/

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