Wellbeing Transcript

**SUMMARY KEYWORDS**

support, feeling, information, maintain, studying, Cambridge, additional resources, University, positive, contact, life, healthy diet, rest, mindfulness, exercises,

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Day to day life can be challenging at the best of times, and even more so when embarking on a journey like beginning a new year at Cambridge, taking care of yourself and others is vitally important to maintaining positive well being, and enabling yourself to succeed in all aspects of life. This video will introduce a few suggestions to help you get started improving levels of well being and mental health alongside additional resources linked below. Socialising and connecting with others whether that be in person on the phone or online is important to build and maintain strong relationships and provide a network of support and comfort to help you throughout your time at university. Organise regular events to meet up with friends in person, share a group call online or engage in shared interests with one another virtually or face to face. Small gestures of kindness reaching out to those close to you, and giving back to the community can help foster positivity and provide a personal sense of happiness throughout your week. Common contributors to feeling overwhelmed or stressed include time, money, and an unhealthy work life balance, they can easily get out of hand very quickly. So establishing plans for yourself such as a budget and schedule are great ways to start gaining control over your life and make sure you're making the right decisions for you. Seek help from others to learn how best to manage this and use organisation tools and technology to help support you were needed. The suggestions so far can effectively support a working lifestyle. However, to make the most of them, you first and foremost need to look after yourself, planning meals and maintaining a healthy diet, ensuring you sleep enough, exercising regularly and discussing your problems sooner rather than later are all invaluable, especially when studying a full time degree away from home. These aspects of your health and well being should be a priority in your day to day life. And there are very few effective substitutes for a healthy diet, sleep and exercise. Effectively managing your workspace and physical health whilst studying can greatly benefit your experiences and ensure you maintain a healthy work ethic throughout your time at Cambridge. Scheduling regular breaks from screens including mobile phones is a useful habit to limit eyestrain and when working for extended periods of time, you can try the twenty twenty twenty rule; every twenty minutes, try to look away from the screen at something more than twenty feet away, for roughly twenty seconds. Aiming to observe something outside emphasises the benefit of this and allows your eyes regular time to rest and refocus without further impact from artificial light. Keeping the top of your monitor at eye level, relaxing your shoulders and keeping your keyboard and mouse with an easy reach will support a positive working posture and help to mitigate back aches and pains. For more information and specific examples, review the additional resources listed below. A healthy and positive lifestyle can also be supported by pursuing extracurricular activities such as sports, music, arts, and drama. Speak with others on your course your college or visit the Student Union societies page to see if there are groups that you can join. Mindfulness is remembering to be present and aware of what's happening around you. Acknowledging the positive moments in your day and taking time to appreciate and be grateful for their presence can be a great way of boosting your mood, and even discovering what can help you when feeling low in the future. When you feel stressed, burned out or generally negative. Don't ignore those signals. They usually signs your mind or body need rest, and there'll be direct causes for feeling this way. Make sure you take the time to understand what is affecting you, and how you may be able to resolve repeat occurrences. Or at least nurture yourself when they do happen again, meditation and mindfulness exercises can be easily integrated into your daily routine from as little as five to ten minutes a day. They can help to prepare yourself for the day ahead, unwind after a long study session, or take the time to relax before bed further helping a full night's rest. Apps such as headspace and calm are great to help you get started with guided activities and breathing exercises. If you feel you are struggling or would like to talk to someone, visit the University counselling service or contact your College or Tutors. Whilst the university offers its own support, you can also contact other services such as Nightline or the Samaritans see the resources below for more information. Everything covered in this video has the potential to help everyone but in a variety of ways, and finding the right pace and solution for you is something that can take time. Make sure you seek help whenever needed, and use the channels available to you to gain access to relevant guidance and support. For more information about these topics, and more, visit the university's Student Wellbeing site at www dot studentwellbeing dot admin dot com dot ac dot uk. We also have information on help and support available to students on our Stay Safe Cambridge Uni web pages linked below.