
WELLBEING AT HOME FOR STUDENTS

For many, college and university is a place to meet friends, to socialise, to build new social networks, and at times, to escape certain pressures at home.

These will be some of the most exciting, and challenging times we face as young adults. And yet this year, more than any other, has brought its own unique, unforeseen challenges.

Lockdown will have inevitably disrupted our social and educational lives – we won't have been able to connect and meet with our friends in the same way, and for the most part, our studies will have moved online.

As we adjust to studying remotely, how can we limit the impact of this change on our health and wellbeing and ensure that we perform at our best?

Here are a few simple tips to keep well and stay productive:

10 Ways to Keep Well at Home

1. Exercise

Get outside for a walk, run or cycle. It can give you energy, make you feel happier, boost your mood and increase your self-esteem and concentration.

2. Eat well and regularly

What we eat can impact our mental as well as physical health. Avoid 'quick fix' sugary snacks - they can leave you feeling tired and with a low mood.

3. Take regular study breaks

Maintain a healthy study routine and stick to it. Give yourself time to recharge and refocus.

4. Do things you enjoy

Listen to music, bake some buns, spend time with pets...re-connect with things that make you feel good.

5. Make time for you

Pick a morning or afternoon each week that you are going to chill out. Don't forget to spend time on you.

6. Switch off

Take a break from your computer, laptop or mobile and reduce your screen time as far as you can - especially close to bed time. Allow yourself time to disconnect and find space for your own thoughts. Be conscious of a winding down process - everyone is unique, so find out what works for you.

7. Connect

Even if you can't see them in person, make a special effort to stay in touch with friends, family and/or those in your study group - even if it's remotely. A quick chat to share how you're doing can make a big difference.

8. Get good sleep

Good quality sleep can improve our mood, reduce stress and help us think more clearly. Maintain a routine - try get up and go to bed at the same time each day. Avoid stimulants like caffeine in the afternoon or evening and don't exercise close to bedtime.

9. Be Mindful

Notice the everyday - as you go about your day, notice sensations: what you eat, what you interact with. Take a mindful walk and take in the sights and sounds of your surroundings. Coming back to and focusing on the present can help us to meet challenges with confidence and clarity.

10. Check out the Inspire Student Support Hub

The Inspire Student Support Hub contains a wide range of online resources tailored to support your personal wellbeing. Ask your college or uni Student Wellbeing Team for details on how to sign up. Visit: www.inspiresupporthub.org/students

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