Staying well in an uncertain world: skills for life

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Who am I?





A practical guide

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Edited by NICOLA BARDEN & RUTH CALEB







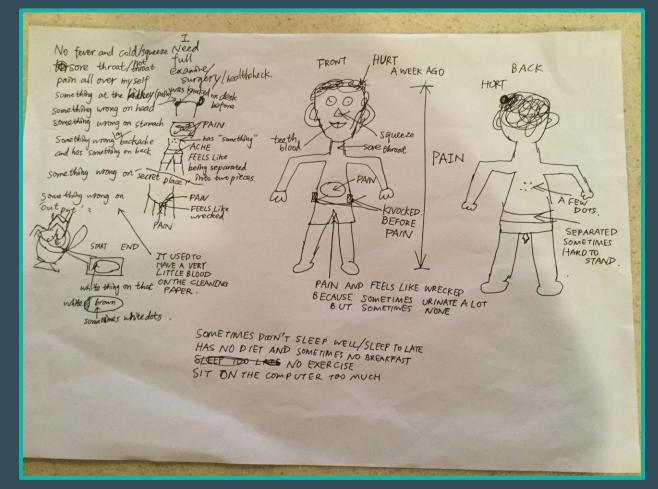
What is good mental health?



- "A state of wellbeing in which you feel and function well"
- Everybody has mental health
- It changes all the time...
- Need to be well and stay well to study well!
- Sometimes we need help to be/ stay well

What to watch out for in yourself?

- Cloudy thinking/ 'Brain fog'
- Flat or numb feeling
- Feeling on edge all the time/ 'sick in stomach'
- Loss or increased appetite
- Avoiding meals/ binging on food/ secret eating
- > Poor sleep
- Tired all the time
- > Angry, irritable or tearful most days
- Stopped enjoying usual activities
- Can't make decisions/ focus/ concentrate/ motivate self
- Cutting/ burning/ scratching/ hitting self
- Work, life, friends suffering because of how you feel



Life skills – because… Life is not a straight path- it's wiggly!

- Build your network
- Try new things
- Find purpose
- And one more secret ingredient for wellbeing ...



Build your network-Find your tribe!

- From your course/ job
- From your accommodation
- From your activities and interests
- From the wider community
- By volunteering



Common academic problems





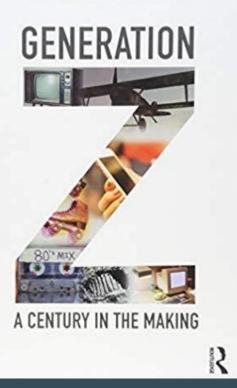
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- Perfectionism
- Procrastination
- Imposter syndrome
- Fear of failure

Why are more young people expressing distress, or in crisis?

COREY SEEMILLER AND MEGHAN GRACE



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hat the most prominent worry for this generation t being successful, which garnered discussion an 300 surveyed.⁹ Particularly, they focused on wor eir own expectations, disappointing others, hav cing a difference.¹⁰ The fear of failure or disapp he notion that many in Generation Z are motion th others¹¹ and care deeply about others' percer

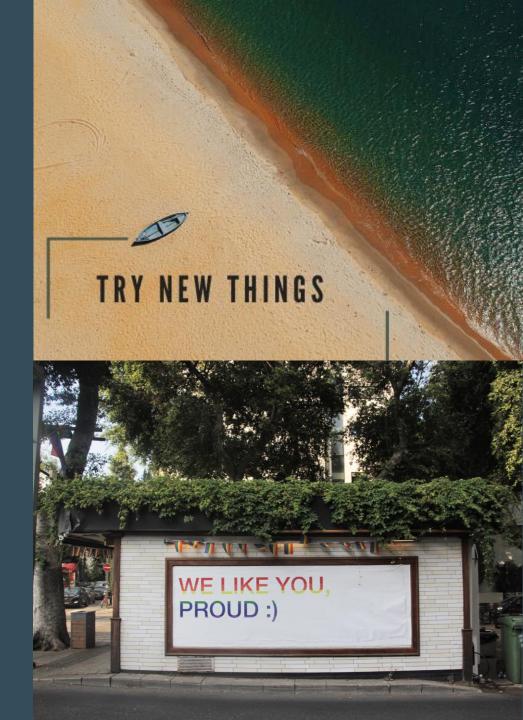
ry that I will fail. I it I won't be smart or fast enough, or olled enough, or nough, or driven or kind enough, or enough. I worry n't like myself when the mirror. 🌒 nber of Generation Z

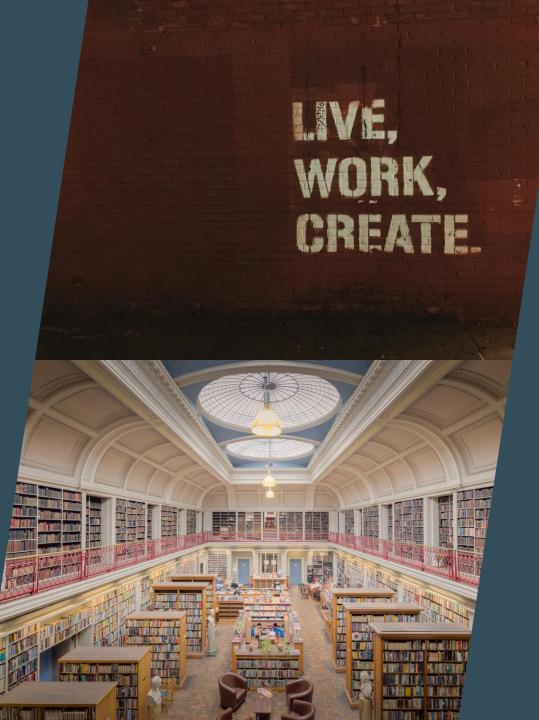
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- Fear of failure
- Fear of letting people down
- Lack of purpose

Remember! Try new things

- Don't be afraid to get things wrong
- Be aware of perfectionism
- Let mistakes go/ accept 'good enough'
- Take reasonable risks/ opportunities
- Don't worry so much about 'letting people down'
- Normalize/ learn to live with uncertainty in life
- Tell someone how you feel

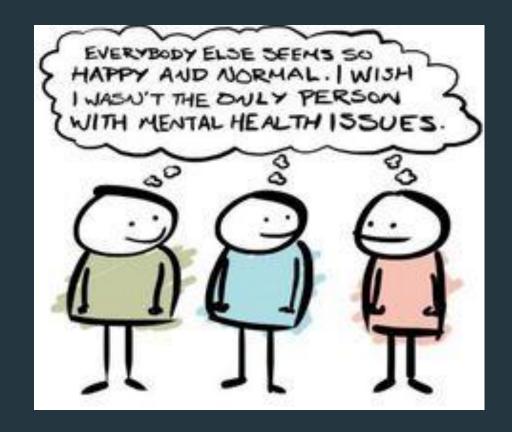




Finding 'purpose' - a reason to get up each day- takes time What can we all do to help ourselves and others?

What do I do if I'm worried about my stress/ mental health?

- Don't ignore it
- Talk to someone... kind & non-judgmental, who will listen (mentor/tutor/ GP/ Counsellor)
- Please ask for help if you need it (we want to help)
- Earlier is better
- Online options for more info
- Confidential services at uni/ in NHS
- YOU ARE NOT ALONE





How do I look after myself?

- Remember, you're human!
- Sleep
- Diet
- Exercise
- Activities/ nature
- Moderate screen time
- Take breaks
- Spend time with other humans (in person if possible!)

Remember that 'Secret ingredient'? *Sleep* (Mood, Memory & Metabolism)

- Go to bed and get up at same time daily (routine!) – you NEED 8 hours!
- 'Awake when light, asleep when dark'
- No screens for 1 hour prior to sleep
- No academic work for 1 hour before sleep
- 1 hour to wind down eg Quiet music/ bath/ hang out with friend
- No heavy food after 8pm
- Exercise in day time
- Don't 'pull all-nighters'



STAGE 2: Lay down and somehow immediately become 200% more alert than you've been at any point during the day.





Evidencebased information on keeping well - 5 ways to wellbeing

Why some people don't ask for help...

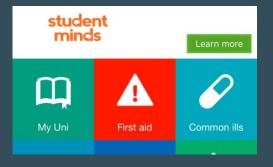
- Don't realise help is needed
- No time
- 'Can manage by myself thanks'
- Fear of stigma/ discrimination
- Self critical
- Fear lack of compassion/ understanding
- Don't trust professionals
- Don't believe in same health explanations as the professionals
- Previous poor experience of care

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How to support a friend -'Listen, believe, give hope'

- Listen you might be the first
- Take it seriously (believe)
- **Give Hope** 'I think I can help you with this'
- Normalise ('you're not alone')
- It's not 'a phase'
- Don't overreact stay calm
- Validate them 'you matter'
- Seek professional help if needed
- You don't have to fix them







Free Resources

- Commonwealth Student Wellbeing page
- <u>welfare@cscuk.org.uk</u>
- distrACT/ Student Health apps
- Student Minds website
- Samaritans tel: 116 123 or online/ text
- Shout 85258 text service
- GP/ Counselling/ Wellbeing teams
- NHS IAPT (psychology) services (free)
- Black Minds Matter
- StudentSpace.org.uk
- #DomIn60Seconds YouTube videos
- Greatbritishmag.co.uk

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Student Wellbeing

Moving abroad is a busy period for anyone and can be a stressful time for many. See a range of information and resources below to help you prepare for your arrival to the UK, ensuing a smooth transition for you as well as getting the right support during your scholarship.

General (including scholars with dependants) Disability

Wellbeing LGBTQI General

healthcare.

General <u>UKCISA</u> provides up to date advice, guidance and information about all aspects of the international student experience. including arranging accommodation, opening bank accounts and accessing

UKCISA also provide guidance to scholars wishing to bring their family to the UK under the UK immigration system. To find out who counts as a dependant, check <u>Dependants</u> page on UKICISA

The $\underline{\rm NHS}$ website provides information on the National Health System in England. Information in your region of study can be found below:





QUESTIONS?

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