

9 ways to help you improve your wellbeing while studying at university as it is an exciting journey and rewarding but also can be demanding:

1. Be social

Build networks and make connections. Keep your personal relationships that are extremely important for your mental wellbeing.

2. Live a healthy life

Stay active, enjoy spending time outdoors and have a healthy lifestyle including a balanced diet and limit bad habits, such as smoking and alcohol.

3. Keep moving

Engage in physical exercise and maintain your physical health as it plays an important role in your mental wellbeing. Exercising releases endorphins in your brains, which naturally relieve stress.

4. Explore the university wellbeing service

The University wellbeing service has a variety of resources available that can support both your physical and mental wellbeing.

5. Take plenty of study breaks

Take sufficient breaks while studying for many hours to avoid feeling fatigued and lack motivation. Make sure you manage your time effectively and take sufficient time to relax and refresh to avoid feeling mentally exhausted. Using planners, calendars and digital apps can help prioritise tasks and stay organised.

6. Practice mindfulness

Start incorporating mindfulness techniques to reduce stress into your daily routine, such as deep breathing exercises, taking a moment to appreciate your surroundings, and meditation.

7. Prioritise self-care

Make sure to practice self-care to maintain a healthy balance between your academic demands and personal wellbeing. For example, dedicating time to activities that help you relax, e.g., walking, book reading, listening music a hobby.

8. Sleep well

Establish a good sleep routine and amount of hours (e.g. aim for 8 hours). Maintaining a good sleeping pattern supports your overall wellbeing while at university. Having

sufficient sleep and rest supports emotional stability, resilience and a positive mindset. Insufficient sleep impacts negatively on your overall wellbeing.

9. Seek support

Be aware that despite the challenges that come from studying you must understand you are not alone. When you are feeling that you are struggling academically or personally make sure to look for support from friends, family, or our university

(University of Warwick, 2023).