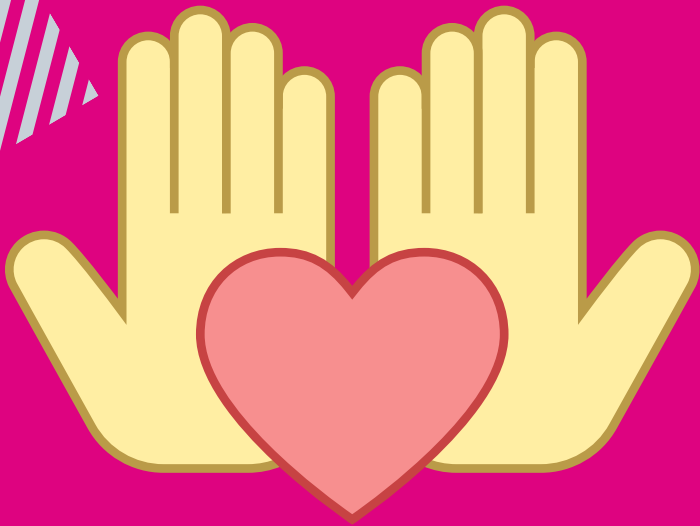




WELLBEING:

LOOKING AFTER YOURSELF



Studying at School, College or University is exciting, but it can also feel stressful and difficult at times. It is important to look after yourself. If you are healthy, you will be able to make the most of your course and the opportunities that student life has to offer.

Our health continually changes, being affected by everything that is happening around us



Things that can affect us:

- eating and sleeping properly
- getting on with our family and friends
- keeping in touch with our friends and loved ones
- how our friends and family are feeling
- keeping active and exercising enough
- feeling able to ask for help when we need to
- taking regular breaks and maintain a healthy balance in our lives
- taking care of our sexual health
- looking after our safety
- maintaining our hobbies and the ability to relax and enjoy ourselves
- doing things that we are good at which maintain our self esteem
- accepting who we are as individuals

4 simple ways to help you maintain a balanced lifestyle

1 Don't ignore problems that are worrying you

It helps to talk so don't underestimate the benefits of sharing any worries you may have.

2 Be aware of what and when you are eating and drinking

A healthy diet and lots of water maintain your physical and mental wellbeing. This is the fuel that keeps you on the road.

3 Keep a regular sleep pattern

Between 6 to 8 hours sleep will keep concentration at optimum levels. Good quality sleep will help you manage your emotions and sense of perspective.



4 20 minutes of exercise daily improves physical health and helps maintain stress levels.