

## Welcome to the Student Wellbeing Newsletter

We hope you have had a good break and feel refreshed and ready for the new term!

This month's theme is wellbeing tips for the new year and free health and leisure activities. Mental health in the media focuses on The University Mental Health Charter.

## App of the Month: Student Health App

### Couch to 5k (free to use)



Walk and run your way to 5k, this Couch to 5k app is designed to take total beginners from walking to running for 30 minutes in just 9 weeks. The app builds you up gradually with a mix of running and walking. All you have to do is choose one of four famous trainers and let them guide and motivate you through each session.

## Mental Health in the Media

- **The University Mental Health Charter** - the recent charter provides a set of principles to support universities across the UK in making mental health a university wide priority. It aims to recognise and reward universities that promote good mental health and demonstrate good practice in the following areas:
  - Transition in to university
  - Learning, teaching and assessment
  - Progression
  - Support services
  - External partnerships and pathways
  - Information sharing
  - Residential accommodation
  - Social integration and belonging

[https://www.studentminds.org.uk/uploads/3/7/8/4/3784584/191202\\_summary\\_leaflet\\_01.pdf](https://www.studentminds.org.uk/uploads/3/7/8/4/3784584/191202_summary_leaflet_01.pdf)

# Free Museums and Galleries in London

According to research by the Art Fund regular attendance at museums and galleries can have a positive effect on our mental health and well-being.

Benefits include: giving us additional topics of conversation within our social circle, helping us learn new things in a fun way, and giving us time to relax and reflect. Giving just 30 minutes a day for a leisure activity can work wonders in helping to manage the stresses of modern life.

- **Somerset House** - This 18th-century building on the Thames houses the embankment galleries, Strand, WC2R 1LA [www.somersethouse.org.uk](http://www.somersethouse.org.uk) - station: Temple.
- **Sir John Soane's Museum** - This house was owned by the architect Sir John Soane, 13 Lincoln Inn Fields, WC2A 3BP [www.soane.org](http://www.soane.org) - station: Holborn.
- **The National Gallery** - The works of European masters can be found at this gallery, Trafalgar Square, WC2N 5DN [www.nationalgallery.org.uk](http://www.nationalgallery.org.uk) - station: Charing Cross.
- **National Portrait Gallery** - One of the most prominent galleries with artworks of famous Britons, St. Martin's Place, WC2H 0HE [www.npg.org.uk](http://www.npg.org.uk) - station: Leicester Square.
- **Royal Academy of Arts** - Attractive 18th century building housing the RA collection, 6 Burlington Gardens, W1J 0BD [www.royalacademy.org.uk](http://www.royalacademy.org.uk) - station: Green Park.
- **Tate Modern** - World-class, international modern art in a transformed power station, Bankside, SE1 9TG [www.tate.org.uk](http://www.tate.org.uk) - station: Southwark.
- **Imperial War Museum** - Displays on conflicts including World WAR 1. Lambert Road, SE1 6HZ [www.iwm.org.uk](http://www.iwm.org.uk) - Station: Lambeth North.
- **Museum of London** - The world's largest urban museum has exhibits on Roman and Medieval London. 150 London Wall, [www.museumoflondon.org.uk](http://www.museumoflondon.org.uk) - EC2Y 5HN. Station: Barbican.
- **Natural History Museum** - Just on your doorstep and free! From dinosaurs to fossils., Cromwell Road, SW7 5BD [www.nhm.ac.uk](http://www.nhm.ac.uk) - Station: South Kensington.
- **Science museum** - Another one right next door! Dedicated to Science, technology and medicine, Exhibition Road, SW7 2DD [www.sciencemuseum.org.uk](http://www.sciencemuseum.org.uk) - Station: South Kensington.
- **Victoria and Albert Museum** - Huge collection of fine and applied arts, Cromwell Road, SW72RL [www.vam.ac.uk](http://www.vam.ac.uk) - Station: South Kensington.

## New Year's Tips to help you manage your mental health in 2020

### Here are seven New Year's tips:

1. **Show compassion:** Seeking to understand and accepting that it's okay for others to have different views is an important first step in managing mental health problems. Everyone has the right to respectfully express what they think and feel and to be respected in return. Sometimes it's better to resist the urge to immediately respond in a state of agitation and wait a couple of hours to see whether we still think it is worth responding to. Without our mental health we have much less to give to any of the social or political causes we might be concerned about.
2. **Spring clean your apps:** Turning off app notifications is a practical way of limiting the demands they place on our attention. News is now available 24hrs a day and so much exposure to uncertainty can be stressful, though it's important to stay informed, be aware of how it is making you feel and limit yourself to how many times you check your phone. Look at the people or accounts you are following on social media – are any friends or accounts you follow causing you stress or negativity? Muting those accounts will help manage those stresses.
3. **Stay connected:** There's nothing better than catching up with someone face to face, but that's not always possible. You can also give them a call, drop them a note, or chat to them online. Keep the lines of communication open: it's good for you. If you are part of a community, club or if you are religious or spiritual - these networks can give you a way of staying connected to something bigger and provide consolation in times of difficulty.
4. **Look outwards:** keep an eye out for your friends and family who may be struggling. Unpredictability and volatility are becoming the new normal. Now as much as at any time, we need to find ways of supporting each other and building our collective resilience. Looking after for someone else is good for your mental health as well.
5. **Take proactive steps to support good mental health:** Many of the things that support good physical health support good mental health too. Often the simplest things we can do, like exercise or spending time in nature, can give our mental health a big boost.
6. **Make time for something you really enjoy:** find something that helps you change state. Enjoying yourself can help beat stress. Doing an activity you enjoy probably means you're good at it, and achieving something boosts your self-esteem.
7. **Don't be afraid to get help;** it is better to act early if you feel rising levels of stress. There are a range of online resources and apps available plus effective psychological therapies through the NHS.

## **Calm and collected Museums and galleries: the UK's untapped wellbeing resource? By the Art Fund**

If you would like to read more on the above report and the benefits of visiting museums and galleries here is the link!

[https://www.artfund.org/assets/national-art-pass/artfund\\_calm-and-collected-wellbeing-report.pdf](https://www.artfund.org/assets/national-art-pass/artfund_calm-and-collected-wellbeing-report.pdf)



If you would like to make an appointment please email me at -

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