

Video transcript of our animated video, Five Ways to Look After Your Wellbeing

At Mind, we understand that COVID-19 has had a really big impact on students' mental health. To support you, we have some suggestions to make a difference.

Developed by the New Economics Foundation, The Five Ways to Wellbeing can be useful ways to think about looking after yourself.

Connect. Social connection and relationships are so important for maintaining our mental health and wellbeing, and the pandemic has made it harder to see friends and family, or meet new people, so we're looking for new ways to do this. You could get creative with video calls by having a games night, or remotely watching movies together. Or call an old friend for a quick chat. Also, check out the societies or clubs your university has to offer, and what they're organising during this time.

Be active. Whatever type of movement works for you, physical activity is important for both body and mind, and can reduce anxiety and depression. Staying active might be a challenge for you, so try to build physical activity into your routine, if possible. There's loads of fun things you can do outdoors, and sports clubs can help you to get active too. Or, you could try dancing, climbing the stairs, cleaning, online workouts, or seated exercises to get you moving at home.

Take notice. Look after yourself by taking notice of how you're feeling. Ways to do this include slowing down, taking the time to appreciate the environment around you and getting close to nature, if you can. You could also try mindfulness exercises, like meditation, breathing exercises, or yoga.

Learn. Keep your brain busy by learning something new or getting stuck into something you enjoy. It might be tricky when you're already studying - but things like reading, cooking, art, or anything you're passionate about can be really stress relieving.

Give. Doing things for others can be really fulfilling - like helping a friend, volunteering, or smiling at a neighbour. Research suggests that people who have an interest in helping others, are more likely to consider themselves happy. By giving your time to others you could create positive connections and make new friends.