# Have you completed the self-care checklist?

The Student Wellbeing Service is happy to support you through difficult times, but there are also things you can do for yourself. Here is a list of things you can try. Please bring this list to your first session with us.



## Physical health

- [ ] Experts believe that exercise releases chemicals in your brain that make you feel good. Regular exercise, sleep and healthy food can boost your self-esteem and help you look and feel better, as well as improve your concentration.
- [ ] If possible, have you exercised lately and regularly?
- [ ] Are you getting enough sleep?
- [ ] Are you limiting your alcohol/caffeine/ junk food intake and eating healthily?

## Emotional health

- [ ] Students' Union: A great way to meet new people is to join one of the societies and clubs at the Students' Union.
- [ ] Meetup.com: Meetup is an online social networking portal that helps people to find and join groups unified by a common interest, such as books, music, film, health or politics.
- [ ] Have you spoken to anyone about how you are feeling?
- [ ] Have you kept in touch with any positive people in your life?
- [ ] Have you told your GP how you are feeling? £ Hav
- [ ] Have you accessed self-help on the internet?
- [ ] Have you looked at any of the following apps on your phone to help you?
- [ ] Pacifica: Daily tools for stress and anxiety alongside a supportive community – based on Cognitive Behavioural Therapy

and Meditation

- [ ] Happy Feed: A private journal for saving three moments each day, to help you appreciate the little things
- [ ] Headspace: Guided meditation sessions and mindfulness training.
- [ ] Breathe – Calming Reminders for Mindful Breathing: A mindfulness app that helps you stay calm and battle anxiety by sending you gentle, deep-breathing reminders throughout the day
- [ ] SAM: An application to help you understand and manage anxiety.

## Structure in your day

- [ ] Creating a daily routine allows you to work better, be more proficient and stay fulfilled. Sometimes, taking things in bite-sized pieces can feel less overwhelming. Try to start with small, achievable goals and work from there.
- [ ] Do you have any structure to your day?
- [ ] Have you tried any mindfulness techniques?
- [ ] Can you start or restart a hobby that you would enjoy?

## Other people

- [ ] Caring for others is often an important part of keeping up relationships with people close to you. It can even bring you closer together.
- [ ] Have you helped someone out today?
- [ ] Richmond upon Thames Council for Voluntary Service: Your time, talents and passions can be matched from a database of over 300 local organisations.
- [ ] Do-it.org: A UK-wide database of volunteering opportunities – search by postcode and type of volunteering.
- [ ] The National Trust: Lots of opportunities both indoors and outdoors.
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- [ ] Vinspired: Support for getting inspired and aimed specifically at young people.
- [ ] Timebank: Another database of volunteering opportunities

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