

U OK? INTRODUCTION WORKSHOP



PRESSURES

Transitioning out of further education & higher education can come with a whole host of pressures you may not have had before such as living independently, managing money, making new friends and increased workload. Lots of change in one go can be overwhelming.

STRATEGIES

By recognising what is putting pressure on you, or causing you stress, you can put things in place to relieve that pressure.

Sleeping and eating well, getting into nature and talking to trusted people in your life are all great ways to build your resilience and manage life's pressures. Effective strategies will look different person to person, but give them a go and see what works for you!

Beat Eating Disorders

Student specific helpline 0808 801 0811

Voice Collective

Support children and young people who hear voices, see visions and other sensory experiences

EXTRA SUPPORT

The Mix

Support for under 25s
Text 'THEMIX' to 85258

Samaritans

For urgent support
116 123

Papyrus

Support for under 35s
experiencing thoughts of
suicide
0800 068 4141

Shout

Text 'SHOUT' to 85258

Muslim Youth Helpline

Faith and culturally sensitive
mental health support

Mermaids

Support for transgender young
people under 20

OCD Action

Support and advice for anyone
affected by OCD

Switchboard LGBTQ+

0300 330 0630 - helpline

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USEFUL LINKS

Headspace

An app for guided meditation and mindfulness - they offer a free trial to get you started

Brook

For free and impartial sex and relationship advice

Reclaim

A charity working with young people from a working class background

National Debt Line

For free advice on debt

Safe drug taking

Do not forget that drugs are illegal and use is not recommended. You can reduce the risk of recreational drug taking with The Loop's harm reduction guide or check out Drugs and Me or Talk to Frank

Save the Student

Everything you need to know about money as a student

Tell me App

A digital peer support App

FURTHER READING

What's up with everyone?

Information and advice on key areas that impact young person and student mental health.

Behind the Books

Mental health tips for university students created by a group of Sussex University students

Mental health A-Z

Learn about signs, symptoms and how to access support if needed

Mind: Student advice

Tips and guidance for students to look after mental health

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WAYS TO WELLBEING

SPEAK TO SOMEONE YOU TRUST FOR SUPPORT

Talking things through with someone can help you to get perspective, to take some time away from the things that are worrying you, and to get ideas for new things you can try to manage what's worrying you. Sometimes just saying it out loud can help you to process what you're feeling. Talking to someone you trust can help to help to challenge your own beliefs around productivity and success and to recognize when your behaviours are causing you to feel anxious or stressed. This could be a friend, a tutor, a helpline or God – whatever works for you.

SLEEP WELL

Sleep is as important to your health as eating, drinking, and breathing. Poor sleep is linked to physical problems, like a weakened immune system, and mental health problems, like anxiety and depression. Check out [these tips](#) to get better sleep.

DEVELOP AWARENESS OF YOUR FEELINGS AND EMOTIONS

We all go through a range of emotions and feelings. Try keeping a mood journal, notice what is happening in your life when you are feeling good and what is happening when you don't feel so good. Reflecting on and accepting our changing emotions can help us better tackle the tougher days.

GET CLOSER TO NATURE

Spending time outdoors is good for your physical and mental health, and it's free. Mix up your weekly routine and get outside into green spaces, instead of always meeting friends in cafes, restaurants or pubs. Look for parks, public gardens, museums, and National Trust free open spaces. Take a look at the Mental Health Foundation's Thriving With Nature guide for inspiration on how to get the most out of your local green spaces.

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PRACTICE GRATITUDE

Practicing gratitude can lower stress levels, increase feelings of happiness, and help you sleep better. Each day, write down one or two things that you're grateful for from that day, like your health, family, or friends, or something you've done that you're proud of. This can help you to recognise and appreciate the people and things you have, and after a few days it can start to reshape how you feel about things. Celebrate your own achievements, even the ones you might think are the smallest ones – sometimes they feel like the hardest.

EAT WELL

Eating enough fruit, vegetables and nutrients can improve your mental health and wellbeing. Eating a lot of processed foods and saturated fats is linked to poorer mental health. It might feel harder to eat well on a budget, but it's not impossible. Check out recipes from [Cooking on a Bootstrap](#) and [tips from the NHS](#). If someone else buys the food in your household, try talking to them about trying new foods, or you could even offer to make dinner for them.

KEEP ACTIVE

Being active and moving our bodies is not just good for your physical health, it's good for your mental health too. Getting your blood flowing and your boosting your endorphins can help you to be more productive. Try your best to incorporate movement and activity in your routine, in whatever way works best for you. Break up your work or study time with a few minutes of stretching – you can even do it from your sofa. There's free exercise videos online, from [yoga](#) to [HIIT](#) workouts, and [people you can follow](#) who can help you along the way. It can help to keep a record of personal achievements based on your own goals.

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HELP OTHERS

Doing good does you good. Kindness can help reduce stress and improve our emotional wellbeing. We all have so much going on in our lives, not just on an individual level, but at a national and global level too. If we take the time to be kind to other people, this can have a hugely positive impact on our wellbeing. Start with a commitment to showing kindness in your words and your actions, and thinking about random acts of kindness you can do for those around you.

KEEP IN TOUCH

We're all getting better at doing things remotely, use those skills to find creative ways of connecting with people you don't get to see that often in person. Holding on to healthy relationships with friends and family can be a huge boost to mental health and wellbeing.

STAY CURIOUS AND OPEN TO NEW EXPERIENCES

Whether it is going to a place you have never been before, trying a new activity or learning a new skill, curiosity is good for us.

BUILD MONEY SKILLS

Budgeting is something we all know we're meant to do, but often aren't clued up on how to do it. Check out these free resources from the [Money Advice Service](#).

You may also be entitled to financial support. There are different [bursaries](#) available if you're 16-19 and in education or training.

You can access guidance from the [Student Loans Company \(England, Wales and NI\)](#) or [Scotland](#) and check the student finance calculator to see what extra help you might be able to get.