

Connect

Give

THE LITTLE BOOK OF WELLBEING

Be active

Take notice

Learn

**BROOKES
UNION**
Est. 1921

**IT'S
OKAY
NOT TO BE
OKAY**

FIVE STEPS TO WELLBEING



It's that time of year, when the excitement of summer and Freshers' fun comes to an end, that the realisation of student life kicks in. Living in a new environment, having pressures of assignments and exams, and managing your finances – these are all things that can affect your emotions.

At Brookes Union, we know that the forthcoming weeks can be challenging for your wellbeing.

This little book will give you some tips to help you be happier and healthier during your time at university.

Read on to discover our five steps to wellbeing....

CONNECT



Connecting with people
is a human need!



Feeling close to, and valued by,
others boosts our mood.

Socialising and feeling like we're part of a
community are important ways of promoting
wellbeing and good mental health, and
university is a great place to meet new people.

MAKE A CONNECTION



- **Start a conversation** with someone new.
Find out about our societies, join up and make new friends
- **Give someone a call** instead of chatting via Whatsapp
- **Ask** how someone's weekend was, and really **listen** to what they got up to

Research suggests
that living within
a mile of a happy
friend makes you
**25% more likely to
be happy too!**



Giving a friend a hug can
make them feel happier,
more confident, and less
likely to catch a cold!



DID YOU KNOW?

Brookes Union has over 100 clubs and societies,
providing plenty of opportunities to connect
with like minded people.

BE ACTIVE



Take part in **regular physical activity**, it's good for your mind as well as your body!

Exercise is linked to lower rates of depression and anxiety as well as being a vital part in **promoting wellbeing**.

You don't necessarily need to hit the gym every day - less intense activity like walking can be beneficial too.

GET GOING



- Join a **sports club** or **society** and get active whilst having fun
- Go to an **exercise class** with a friend (a wellbeing double whammy as you can connect at the same time!)
- Take the **stairs** instead of the lift



Holding a strong stance, a 'power pose', for 2 minutes can boost your confidence and reduce stress.

DID YOU KNOW?

Oxford is known as a cycle-friendly city!

Why not hire a bike and join thousands of others getting from A to B on two wheels.

For bike hire, see [oxonbikes.co.uk](https://www.oxonbikes.co.uk)

TAKE NOTICE



Studies show that **being aware of the present moment** can enhance your wellbeing and awareness.

Being more aware can increase self-understanding and allow you to make positive choices based on personal values.

Take time to enjoy your environment and appreciate the here and now!



GET CAUGHT IN THE MOMENT



- Declutter
- Walk a **different way** to or from uni
- Discover a **new place** to eat lunch
- Take a **tour of Oxford** and discover or re-discover its beauty



TOP TIPS!



Take some time out!

Carry a notebook with you once in a while to record experiences and allow you to immerse yourself in what you're doing, rather than worrying about updating your Twitter and sharing everything on Instagram!

Grow your mindfulness

Exercise your mind and body by joining the Brookes Yoga and Mindfulness Society.

LEARN



Learning throughout life helps improve self-esteem and maintain social interaction.

Adult learning in particular encourages us to **set goals** – a practice which is directly linked with high levels of wellbeing!

LEARN SOMETHING NEW EVERY DAY



- **Learn a language** – as well as meeting like minded people this could come in handy if you want to live abroad some day
- **Expand your vocabulary** by looking up a new word each day
- Want to know how something works? **Look it up!** Howstuffworks.com is a great place to start.

TOP TIP!

Learn absurd words

Subscribe to Oxford Dictionary Word of the Day!

DID YOU KNOW?



Brookes offers a free language module!



People who are interested in **helping others** are more likely to label themselves as happy!

Research shows that an act of kindness **once a week over a six-week period** is linked to increased wellbeing.

GIVE IT A GO



- **Volunteer!** Brookes Union has loads of volunteering opportunities. Visit brookesunion.org.uk for more details.
- **Find a cause that's close to your heart and raise some money.** Get your friends involved – fundraising can be fun!



Have a clear out!

Look through your wardrobe and donate anything you don't wear to charity.

TOP TIPS!



If you can't give money, give time

Join RAG and get involved in all sorts of exciting things whilst fundraising for worthy causes.



HERE TO HELP

The Union can help with housing, finance and academic issues.
Find out more at www.brookesunion.org.uk/advice

To access the University's counselling, disability or dyslexia services, or to find out about the University Chaplaincy, visit: www.brookes.ac.uk/students/wellbeing

Oxford has a fantastic network of support services. If you feel that you could benefit from accessing one of them, you can find a handy list at www.brookesunion.org.uk/support



TEL: 01865 484750



WEB: BROOKESUNION.ORG.UK



SOCIAL MEDIA: 'BROOKES UNION'

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