

# Stress busters



## Social connections

Introduce yourself, a smile and “hello” can often break the ice. Remember, everyone is in the same position.

Join a club or society.

Make the most of college activities.



## Sleep easy

Try to have a ‘wind down’ hour before bed - relaxing activities, no caffeine or alcohol, no screens or phones. Try not to stress if sleep takes a while. Routines should settle as you do.



## Hobbies

Continue hobbies. You need time away from work to re-charge.

Try something that you have never done before. Join a society.

## Ask for help early

Stop problems from building, ask for help.

College welfare teams, supervisors and the Student Support Hub can all offer advice and support.



## Eat well, feel well

Eat fresh and regular meals to boost physical and emotional health. Aim for some fruit and veg each day. Eat breakfast to fuel your day ahead.

Find out about local shops and get some basics in.



## Exercise

Aim for regular activity. Walking, cycling and dancing all count. Try something completely new. Investigate the University sports facilities. Join a sports club.



## Switch off to switch off

Try to switch off phones and social media for a little time each day.

Look around and notice the present. Go for a walk around the lake.

## Realistic Expectations

Allow time to familiarise yourself with your course and how things work. Expect things to feel strange and scary at first. Remember: University is a learning process.