



Woking College Wellbeing Strategies

Advice and activities to help you manage and stay positive during lockdown





WELCOME

At Woking College our goal is to support everyone to lead **healthier, happier** lives for **longer**, whatever their background. During this peculiar time, protecting our well-being is essential for thriving during this lockdown period.

This guide has been made to bring together all the resources that are available during this time.

We are going to start by looking at the **Five Ways to Wellbeing**. We are going to describe how building these into your day to day life can enhance your wellbeing during the lockdown period.

Connect:

With people around you, family, friends, colleagues, neighbours. This could be at home, work, school or in your community.

Keep Learning:

Trying something new, discovering a new interest or picking up an old one. Signing up for a new course, learning new things builds confidence and keeps the brain stimulated

Be Active:

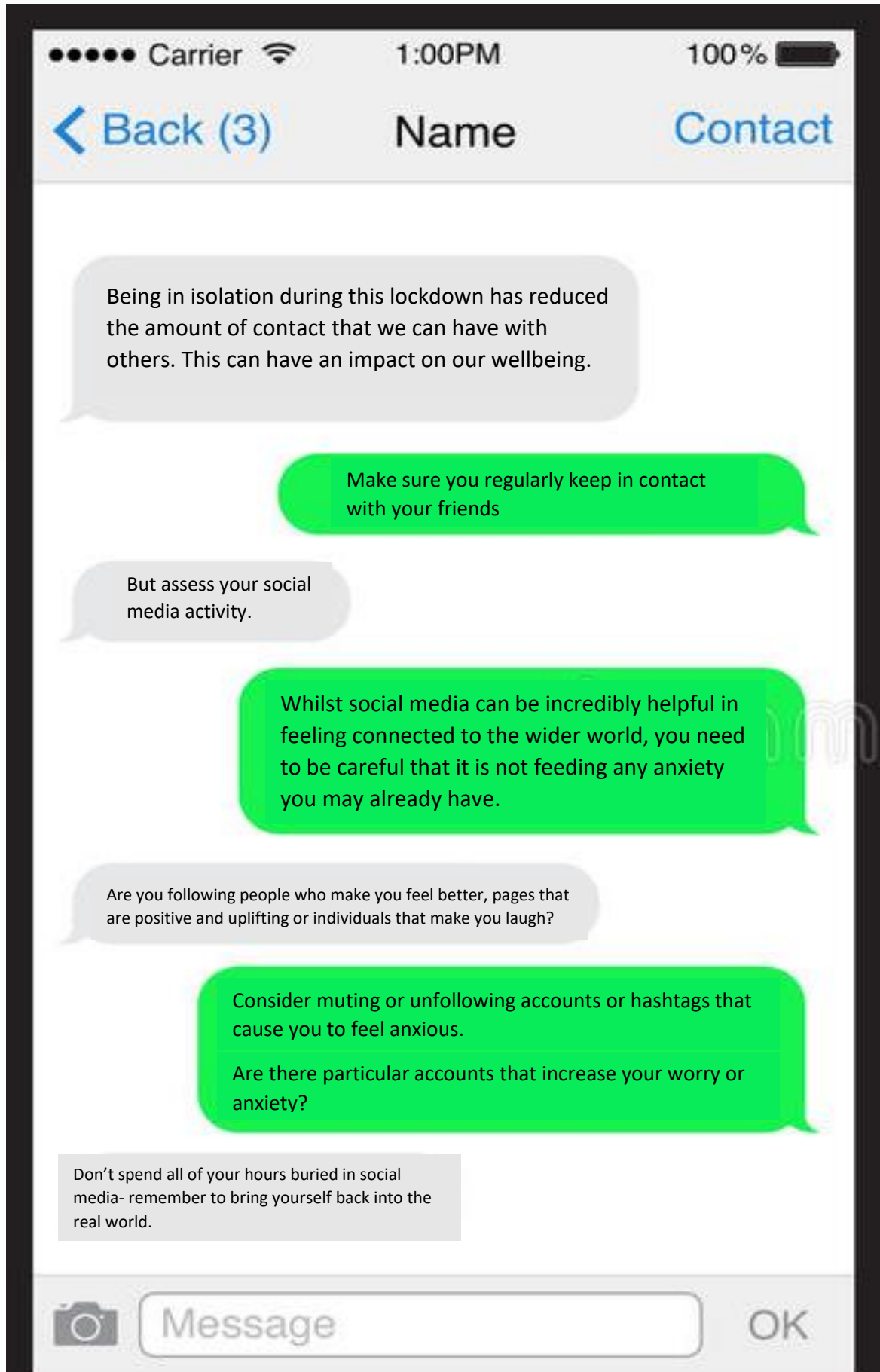
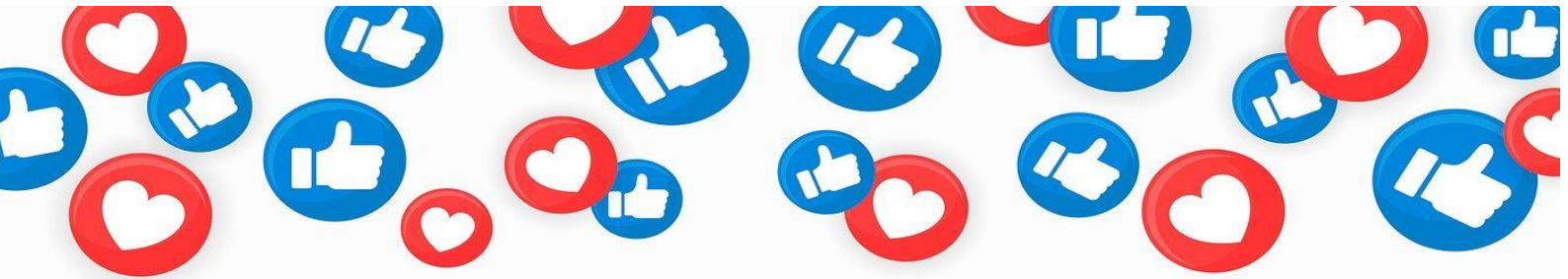
Experiencing the benefits of physical exercise through walking, running, gardening, playing games. Finding activities that work for you

Take Notice:

Being curious, catching sight of what's beautiful, remarking on the unusual, savouring the moment. Being aware of the world around you.

Give:

Doing something nice for a friend or a stranger. Thanking someone for their help or their time. Smiling, volunteering your time. This can also be looking inside yourself and focusing on your happiness. Supporting the wider community can be incredibly rewarding.



rawpixel

6 am

9 am

12 pm

5 PM

8 pm

10 pm

The importance of routine:



You may have some extra time in bed as you are not travelling to college, aim to wake up around the same time every day. This helps stabilise your internal clock and improve your sleep overall. You'll feel less tired, more refreshed, and find it easier to concentrate throughout the day.



Create a rough outline of your day which could include:

- when you will exercise;
- what times you will set aside for college work;
- approximately when your mealtimes will be;
- when you will set aside time for relaxation and socialising (this could be online or via phone or facetime apps).

Keep things separate

College work

Rest & Relaxation

Try to set aside a study area separate from your sleeping area, as this will help to prepare you for completing college work and make it easier to switch off at the end of the day.

Try not to study sitting on your bed. Use a desk if you have one, or a space downstairs. If you're working with a small space, you could try setting up temporary 'zones' by hanging blankets or screens to visually separate your work area from your bed or living area.

TOP TIPS

If you have some additional time whilst at home, why not think about trying some of the below:

Take an online mindfulness course or relearn/learn a musical instrument

Find an interesting podcast series relating to your courses or is an interest you have

Try a puzzle or board game. Or dive into a new drawing or painting

Consider an open learning course:
<https://www.futurelearn.com/>
<https://www.open.edu/openlearn/>

Learn some yoga from a reputable You Tube course

Investigate community initiatives (e.g. someone locally is organising a virtual choir – advertised on Eagle Radio this morning)

Eat a balanced diet:

Try to make sure your daily meals include the recommended 5 a day of fresh fruit and vegetables

Try volunteering

Why not consider helping people in your area who may be high risk, elderly or vulnerable. Join a community group to volunteer to collect groceries or walk dogs for people who are unable to leave their homes.

FOLLOW OUR HEALTHY ROUTINE



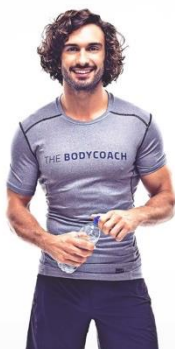
The importance of exercise

Including regular exercise into your routine will help maintain your physical and mental health. You'll feel more awake and alert, and your concentration and sleep will improve.

If you're indoors, look online for an activity that suits you, such as a home yoga video or a fitness class. You could try a home workout using a reputable channel on YouTube or a workout app. For example, 'Couch to 5K', Joe Wicks, FitOn, Pelaton workouts, Les Mills'.

No matter what exercise you choose, try to take regular screen breaks and stretch throughout the day. Try to take a clearly defined lunch break and move away from your study space.

JOE WICKS
THE BODY COACH
WORKOUT



March Challenge:

Run 27 miles in 27 days for 27% of students who report a mental health problem at University.

If you are up for the challenge please sign up here:

https://2727.givepenny.com/sign-up.htm?_ga=2.13783409.777930241.1612189644-719419433.1504085783

As soon as you start fundraising you will receive your MIND running top. If you raise £27



What is mental health?

Mental health includes the processing of our emotions, thoughts and social wellbeing.

Mental health can range from having an official diagnosis of a mental health illness, to experiencing issues with our mental health in everyday lives.

It is a spectrum of how we are able to process our emotions and how we look after our minds and our ability to thrive.

In the same way we look after our physical health by exercising, we need to look after our mental health by self-care.

It can be hard to know and practice how to do this in normal society, let alone during lockdown, which for some of us, may have more of an effect on our emotional wellbeing.

Coronavirus has been a devastating and unpredictable time. It is normal to have feelings of boredom, anxiety, loneliness and frustration.

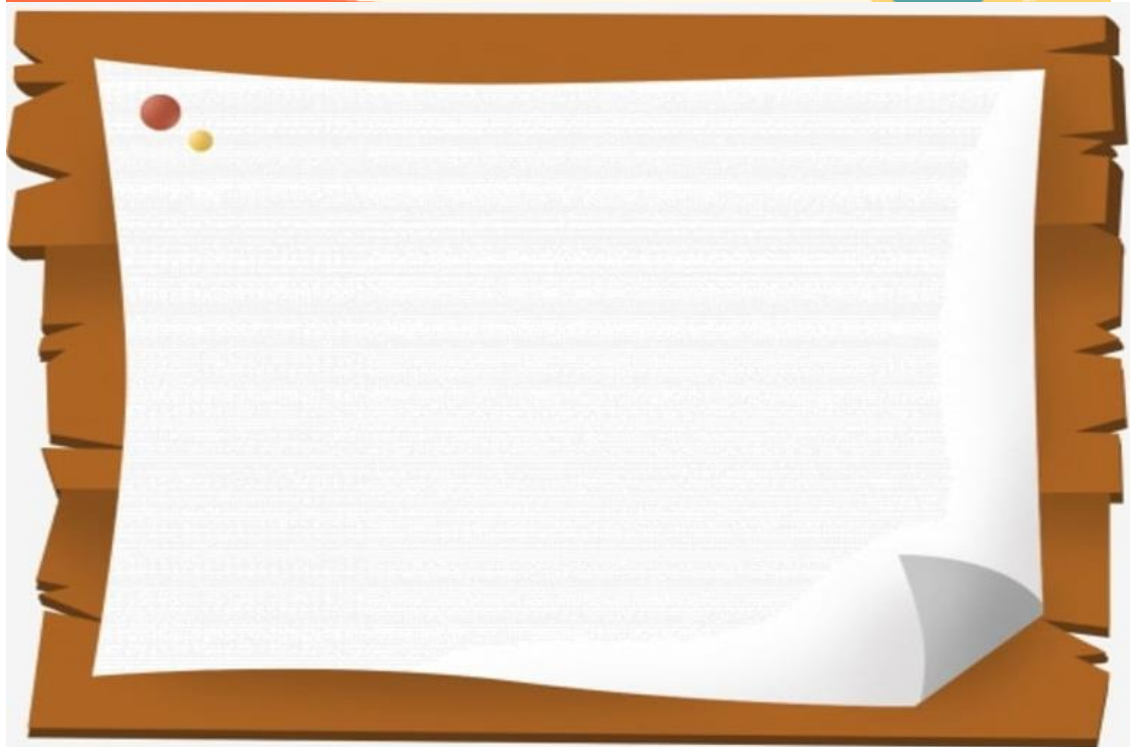
An important thing to remember is that THESE FEELINGS AND THIS SITUATION IS TEMPORARY!

*it's okay
not to be
okay*

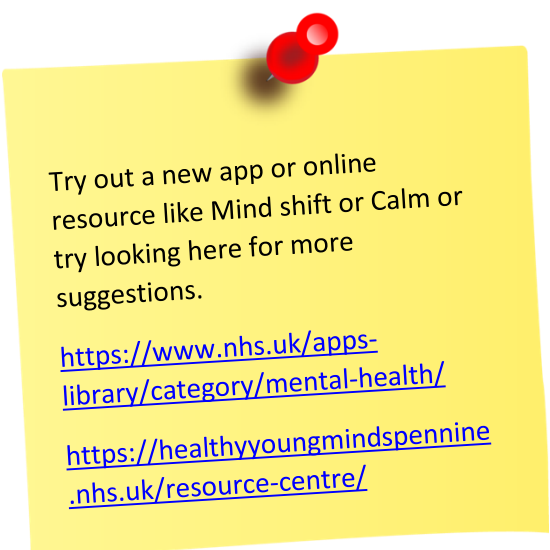


LIST:

WAYS TO COPE WITH ANXIETY




Some other ways to help anxiety:



Try out a new app or online resource like Mind shift or Calm or try looking here for more suggestions.


<https://www.nhs.uk/apps-library/category/mental-health/>

<https://healthyyoungmindspennine.nhs.uk/resource-centre/>



Try some new coping techniques:

<https://youngminds.org.uk/blog/four-coping-techniques-for-when-you-feel-anxious/>



Try to create a self-soothe box like the one suggested here at Young Minds:

<https://youngminds.org.uk/blog/how-to-make-a-self-soothe-box/>



Need more support?

Woking College

Woking College is here to support you and your mental health. You can contact your Tutor or Heads of Year through email or TEAMS at any time during the College day.

Samaritans

<https://www.samaritans.org> or call: 116 123. Whatever you're going through, a Samaritan will face it with you. They are there 24 hours a day, 365 days a year. They also provide a self-care and self-help app

The Mix

<https://www.themix.org.uk/get-support/speak-to-our-team/email-us> – Tel: 0808 808 4994 – an under 25s service to anonymously discuss mental health

Childline:

<https://www.childline.org.uk> or call 0800 1111. With lots of online resources for mental health and counselling, this is a great service available to help you on your way to feeling better