



Student Wellbeing

Try the following to help you beat the January Blues

Eat Well

Omega 3 fatty acids found in oily fish, flaxseed oil, nuts and seeds can help combat low mood as can folate found in cabbage broccoli and sprouts. Low blood sugar can affect energy and mood so don't skip breakfast!

Exercise and sleep

Regular moderate physical activity is effective in managing mild to moderate anxiety and depression. This does not have to be formal exercise and can include going for a 30 minute brisk walk several times per week. It is also important to establish a regular pattern of sleep – maintaining a consistent getting up time will help with this

Connect

Avoiding contact with others can make your mood worse. Countless studies have found that face to face contact is essential for our wellbeing. Arrange to see family and friends regularly

Set realistic goals

Setting New Year's resolutions that we are unable to stick to can leave us feeling negative. Set goals that you know you can achieve

Get professional help

If you are worried about persistent low mood, speak to your GP or contact the Student Wellbeing Service at student.wellbeing@shu.ac.uk

Acts of kindness

Giving to others for example through volunteering is a great way of connecting, as well as having a positive input on our wellbeing and helping to structure our time. There are small things that we can do on a daily or weekly basis that will help other people feel good too for example opening a door for someone. For some ideas go to <http://www.randomactsofkindness.org>

Organisations that can help

The following organisations can help you to achieve some of the above as well as offering advice and support in relation to mental health and wellbeing:

[http:// www.mentalhealth.org.uk/](http://www.mentalhealth.org.uk/)

<http://www.samaritans.org> or email jo@samaritans.org

<https://bigwhitewall.com/university>

<http://hallamunion.org/volunteering>

<https://www.shu.ac.uk/active>