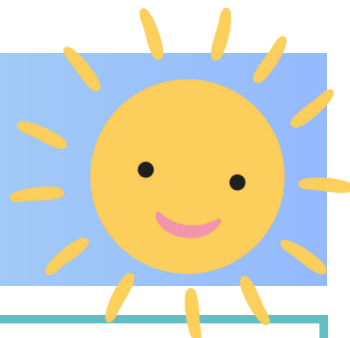


Student Wellbeing Toolkit

We all experience changes in our mood and feelings, this is completely normal. It is helpful to recognise those changes and identify ways to maintain our overall wellbeing. Here you can create a personalised toolkit to help look after your wellbeing.

How do I know I'm feeling good?



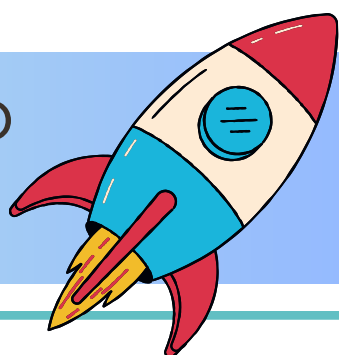
E.g. Making plans with others, feeling optimistic, tackling challenges.

How do I know I'm feeling anxious, stressed or low?



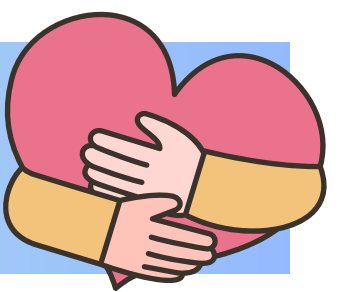
E.g. Withdrawing from things I usually enjoy, lacking motivation, negative thoughts, fatigue.

Things I can do regularly to boost my wellbeing



E.g. Sleep routine, see friends or family, eat well, spend time outdoors, do things for fun.

Things I can do when I'm stressed, anxious or low



E.g. Write down thoughts and feelings, talk to someone, listen to music, take a walk.