

Positive mental health or  
Wellbeing

protects against psychopathology



resilience  
and  
adaptive functioning

# 5 steps to wellbeing



# Life post-lockdown: Main steps to promote our mental health and wellbeing

1. Celebrate the opportunity to reconnect - Keep socially connected.

2. Plan to do the things you love again

3. Begin to reestablish your old routine - opportunity to reflect on whether you can continue some of the things you've been doing differently

4. Remember that things will take a while to adjust - It's okay not to be okay, talk to people you trust about it

5. Maintain a healthy lifestyle.

6. If you feel that it's too much to bear and you are not coping talk to your GP and consider seeking professional help.

7. Don't forget to practice self-care. Find the time for some strategies you can put in place which are within your control and you can use to unwind and help soothe yourself at stressful times.



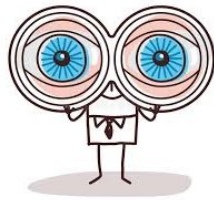
SELF-CARE

# Mindful practice – Five senses

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- Simple practice involving being aware in the present moment using your five senses to refocus your attention.

1. Notice five things that you can see



2. Notice four things that you can feel

3. Notice three things that you can hear



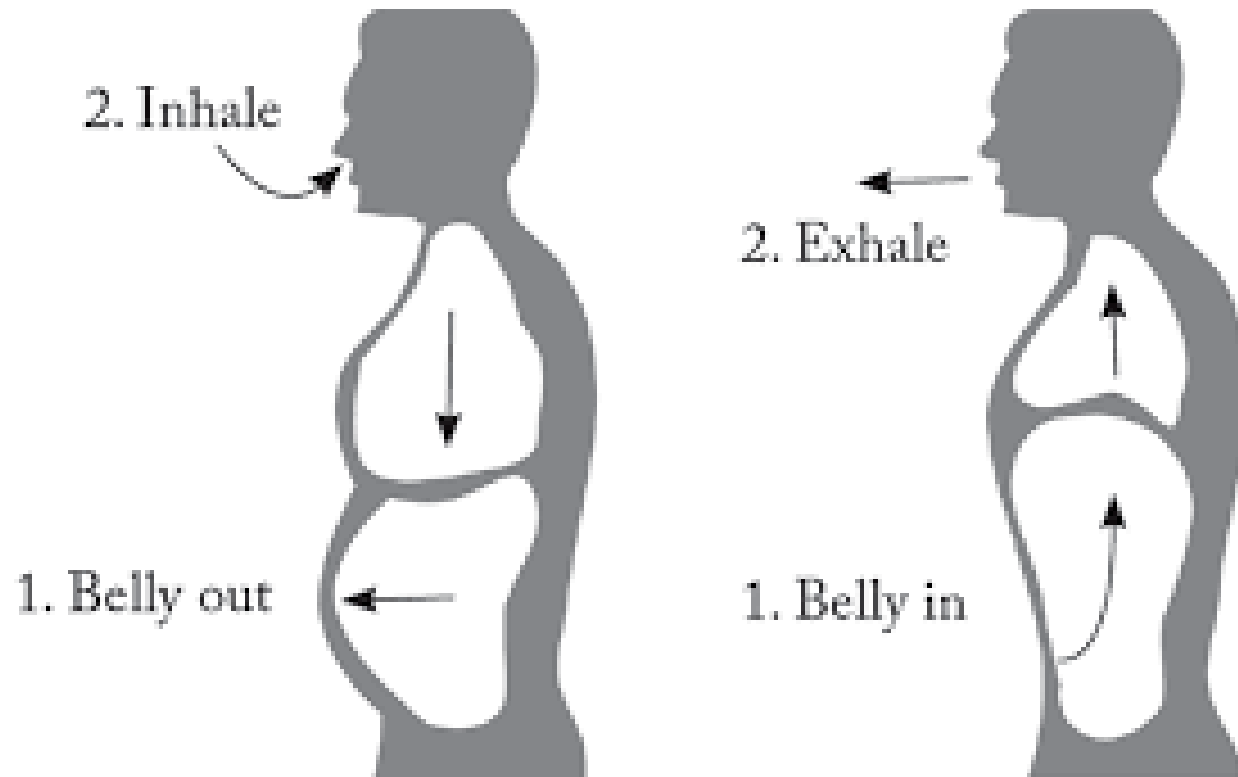
4. Notice two things that you can smell



5. Notice one thing that you can taste



# Breathing Exercise



- Link to a soothing breathing exercise can be found [here](#) (4min).

# When running out of time: Quick breathing exercise



Find a relaxing place, sit comfortably, and set a timer for one minute.

Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.



Take another slow deep breath, imagine the air moving down into the lungs and back up.

Take one more deep breath and hold for a moment, then release it.



# Self-compassion

- Remember to be kind, understanding and supportive towards yourself in moments of distress
- Self-compassion practice:
  - If you would like to understand more and practice self-compassion see this 2-part blog (it was created for students but can easily be adapted):
  - [Part 1](#) (understanding self-compassion)
  - [Part 2](#) (exercises to cultivate your compassionate self)



# A short burst of 10 min walking

increases mental alertness,  
energy & positive mood states

(source: Mental Health Foundation)

# Managing low mood



1. Increase sense of achievement
  - Make list of achievable tasks (be realistic and account for unforeseeable situations)
  - Don't forget to praise yourself
2. Increase sense of pleasure
  - Do things that give you joy and make you feel good (e.g. connect with friends)

Where can you  
get help?



Surrey and Borders Partnership  
NHS Foundation Trust

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