

Study Well

SUMMER GUIDE 2020

Taking care of yourself can be challenging, particularly during the current situation. Study Well are here to support you and help you treat your body and mind with the respect and appreciation it deserves.





Welcome to Study Well, a campaign that is designed to help you look after your mental health and wellbeing during this stressful exam season. Amidst this global pandemic, our normal life may seem as though it has paused, yet still, assessments are still taking place, albeit in different formats. We understand how stressful and difficult this period must be for students. Therefore, we have taken the decision to carry out Study Well virtually!

Every year we receive some funding to carry out different activities for the Study Well campaign. This year, with the limitations placed on us and no events on the campuses, there will be an underspend. However, we still want students

to be able to benefit, which is the very reason the remainder of the funding will be going into the University's hardship fund to support eligible students this year.

A massive significance has been placed on providing a creative, online solution and ensuring you have as much support as possible, whether that is through activities on our social media platforms or online yoga sessions. There are lots of opportunities for you to get engaged, study well and take a break with us!

Most importantly, we want to emphasise your wellbeing and how important it is to look after yourself and your peers during such difficult times. So, stay safe and stay connected!

We wish you all the best!

Shamima

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Be kind to your mind

Tips for positive mental wellbeing from your Students' Union

Check out our Be Kind to Your Mind campaign for lots of additional hints, tips and ideas to look after yourself and encourage positive mental wellbeing during the Covid-19 outbreak.

CONNECT • GET ACTIVE • BE MINDFUL LEARN • GIVE BACK • SELF-CARE

StudyEvents

We'll still be running some online events for you to get involved in throughout the Study Well campaign. Check qmsu.org/studywell for additional events and activities.



Chat & Chill

Join your Executive Officers on Zoom and take a break from studying, talk about matters that are important to you or join because you are bored stuck at home! Whatever the reason come and chat to us!

Dates

- Thursday 7th May: 3pm to 4pm
- Friday 15th May: 2pm to 3pm
- Friday 22nd May: 2pm to 3pm

Check qmsu.org/studywell for Zoom links



Online Fitness Classes

We're sure lots of you are missing Qmotion! Join our Qmotion Fitness Instructors for a free online fitness class via Zoom. Suitable for everyone, from beginners to pro's.

Dates

- Yoga** Tuesday 5th May: 1pm-2pm
- Pilates** Tuesday 12th May: 1pm-2pm
- Yoga** Tuesday 19th May: 1pm-2pm

Check qmsu.org/studywell for Zoom links

Study With Me

Enter our "Study with me" social media competition and be in with a chance of winning one of our prizes! Enter your time-lapse photos of studying at home by tagging us @QMSU.

There are 4 categories, enter as many or as few as you like!



Guided Meditation & Mindfulness

CALM have handpicked some of their favourite meditations, sleep stories, movement exercises, journals and music. All the resources on their website are free to use and share.

blog.calm.com/take-a-deep-breath



StudyTips

Are you in a study slump? Is being in lockdown / self-isolation meaning you're struggling to focus? Taking care of yourself at this time can be difficult, as part of our Study Well campaign here are some helpful hints & tips to kickstart your studying:

1 **Are you still in your pyjamas?**
Get out of bed and put some clothes on!

2 **Have you showered today..**
this week.. this month?! It's time.

3 **Feeling demotivated?**
Carry out a small task, set achievable goals, and reward yourself.

4 **Are you bored of the same space?**
Shake up your study environment.

5 **Get active**
Do an at home workout or join one of our online fitness classes.

6 **Make sure to eat and drink properly**
(Not that kind of drink, cheeky!)

7 **Are you revising with others?**
Create a study group and chat via Zoom to thrash out your ideas.

8 **Find music that helps you concentrate..**
Even if it's Peter Andre.

9 **Change your study style.**
There are YouTube videos and podcasts that cover most subjects. Create post-it notes, mind maps, or your own voice recordings to listen to when cooking.

10 **Switch off and sleep!**
You can't do your best work if your brain is fried.

11 **More on your mind than exams?**
Try talking to a friend or contact one of the Support Services. They're still available to talk online.

12 **Are you pushing yourself too much?**
It's a stressful time. Take breaks and some time out to do your favourite activity, whether that's baking, reading a book or watching TV.



Covid-19 Additional support

Queen Mary Community Support group

This new group has been set-up so we can support one another as staff and students at this time. The group aims to help those self-isolating, living alone or far away from home, vulnerable and unable to leave the house and those working long hours to support the NHS.

You can sign-up to receive or provide support with shopping, walking a pet or having a friendly phone call with someone.

Visit sas.qmul.ac.uk/coronavirus

Student Minds support

We know the Covid-19 is causing worry and distress for many of you. Student Minds have collated guidance and resources to support students.

Visit studentminds.org.uk/coronavirus

University Information & Support

The University has a dedicated website with information and guidance for students relating to the Covid-19 Coronavirus outbreak. It's regularly updated with helpful information and is worth checking regularly.

Visit qmul.ac.uk/coronavirus

Advice & Counselling Blog

The University's Advice & Counselling Service have launched a new Counselling Blog for students. Posts include "Managing anxiety during the Coronavirus crisis" and "Looking after ourselves during a pandemic". There's also topics on managing exam stress, studying during Coronavirus and managing low mood.

Visit qmulcounselling.wordpress.com

Be Kind to Your Mind

We have put together lots of hints, tips and ideas to help promote positive mental wellbeing during the Coronavirus outbreak and assessments. It includes tips on staying connected, getting active, giving back, being mindful and learning.

Visit qmsu.org

Support Contacts

When studying gets you down, it's important to remember that you're not alone and there are many support channels available to you.

Advice and Counselling

Confidential, professional support and advice for emotional, psychological, financial and student welfare issues.

Visit welfare.qmul.ac.uk

Disability and Dyslexia Service

Support and reasonable adjustments for all students with disabilities, specific learning difficulties and mental health issues.

Visit dds.qmul.ac.uk

Legal Advice Centre

Provides free legal advice to QMUL students.

Email lac@qmul.ac.uk

Writing and Study Guidance

The Learning Development Centre offers online guidance and support to help students develop their writing, reading, communication, exam preparation and study skills.

Visit learningdevelopment.qmul.ac.uk/writing-study-guidance

Student Health Service

This service is still available during the Covid-19 outbreak with online support, video consultations and physical appointments at Globe Town Surgery.

Visit studenthealth.qmul.ac.uk

SMD Student Support office - BL

The Student Support Office plays a key role in student welfare, including the management of physical and mental illness, financial difficulties for students studying Medicine or Dentistry.

Visit smd-student-support@qmul.ac.uk

The Chaplaincy to Faith Support

The Chaplain of St Benet's is still available to talk to students if they are in need of support.

Big White Wall

Offering unlimited, 24/7 accessible online support – connect with your peers, chat online to clinicians, access self-help resources, join groups or take a self-assessment.

Visit bigwhitewall.com

Moodzone

A new NHS website for support coping with stress, anxiety and depression. Take the mood self-assessment quiz, download a mood boosting podcast and get inspired by some real life stories.

Visit nhs.uk/conditions/stress-anxiety-depression

Academic Advice Service at your Students' Union

Here to help if you encounter any academic problems while studying by offering confidential advice and representation on a range of academic issues.

Visit gmsu.org/advice/academic or email a.c.mitchell@qmul.ac.uk

