

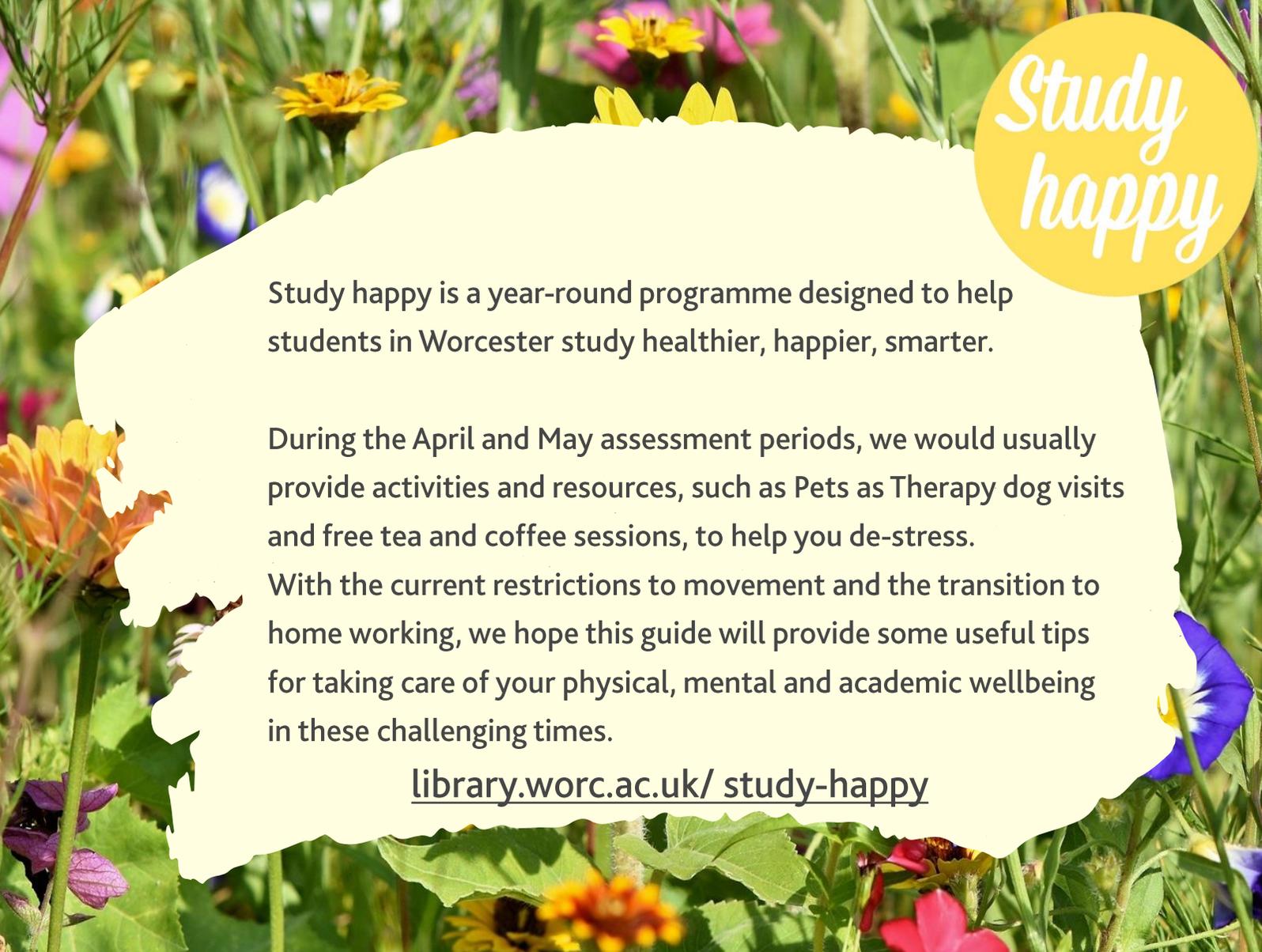
*Study
happy*



Study happy
from home



library.worc.ac.uk/study-happy



Study happy

Study happy is a year-round programme designed to help students in Worcester study healthier, happier, smarter.

During the April and May assessment periods, we would usually provide activities and resources, such as Pets as Therapy dog visits and free tea and coffee sessions, to help you de-stress.

With the current restrictions to movement and the transition to home working, we hope this guide will provide some useful tips for taking care of your physical, mental and academic wellbeing in these challenging times.

[library.worc.ac.uk/ study-happy](https://library.worc.ac.uk/study-happy)

Healthier

1

What your body takes in as fuel during your studies can have a significant impact on your output and your mood.

Moving to studying from home can lead to a break in routine.

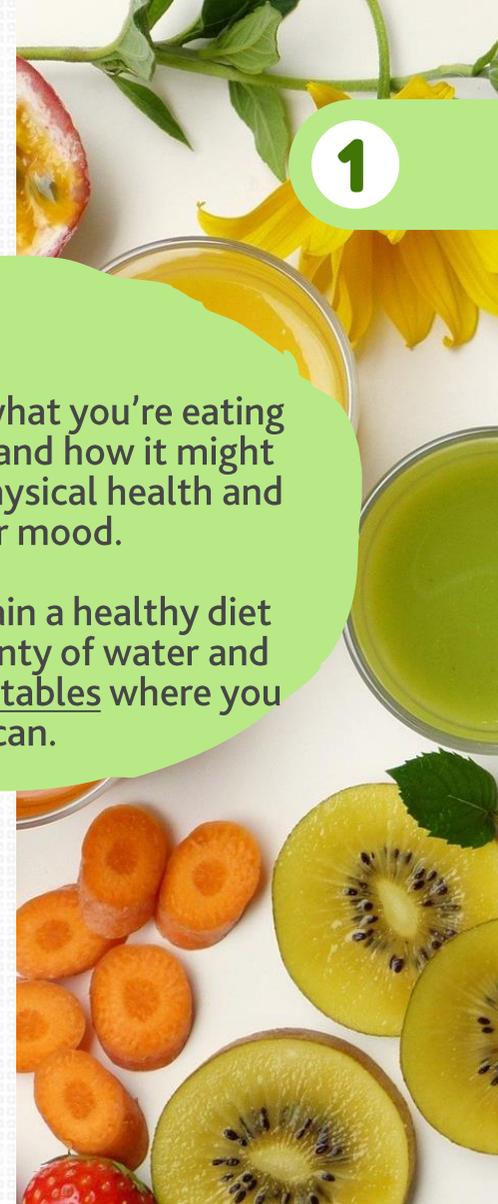
Keep regular mealtimes and remember to take frequent food and drink breaks to help your body and mind stay on track.

Think about what you're eating and drinking and how it might affect your physical health and your mood.

Try to maintain a healthy diet including plenty of water and fruit and vegetables where you can.

You might not be able to get hold of everything you usually eat and drink.

Find new ways to be inventive with your ingredients and whip up delicious, healthy meals using leftovers.



2

Stay active

Unless you're feeling unwell, you should continue to build regular exercise or activity into your daily routine.

If you usually run or walk outdoors you can still do this once a day but remember to stay safe: choose a quieter time to go out and keep your distance.

Make the most of online content designed to help you stay active at home.

You might prefer Joe Wicks, Mr Motivator or [NHS videos](#). Try a few and find what works for you.

Slower, mindful exercises such as yoga or Pilates can be good for smaller spaces and might help you relax.

There are plenty of free videos available, including [Yoga with Adriene](#), which features tutorials for office yoga, lunch break yoga and even chair yoga.



Happier

3

If you can, try to get out in nature. If you have one, make use of your garden. If you don't have a garden, take notice of birds, trees and wildlife during exercise or even from your window.

Craft can be a great, productive way to de-stress. Try knitting, sewing or origami or, if you don't have materials to hand, give online colouring a go.

Practising mindfulness just means paying more attention to the present moment. Mindfulness may help focus your mind and relieve feelings of anxiety. There are many different ways to practice mindfulness. Give it a go and see what works for you.

Look for new ways to use technology to entertain and educate yourself. Boxsets are great but you can also access ebooks and audiobooks and even online theatre performances.



4

Keep in touch

Staying in may be the new going out but that doesn't mean you have to miss out on catching up with friends and family.

Do you normally study with a group of friends? Why not organise regular virtual tea or coffee chats to help you take a break together?

Staying at home doesn't mean you need to sacrifice having some fun at the end of hard day's work. Use video calling software to attend virtual quizzes, games nights or even dinner parties from the comfort of your sofa.

Feeling overwhelmed with video calls? Don't forget, you can still give someone an old fashioned voice call or even just drop them a message to let them know you're thinking about them



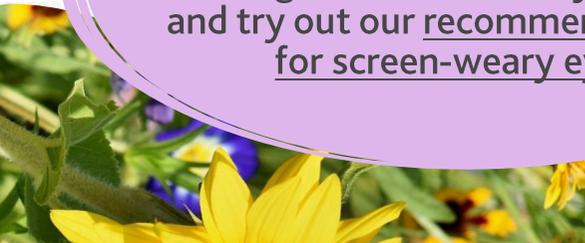
Smarter

5

Work out your work space. Find a study space that suits your needs and has plenty of space for all your resources. Why not try these tips for organising your work space?

Study space too quiet or too noisy? Struggling to stay focused at home? Apps such as Noisli or Coffivity provide ambient background noise and Forest and Cold Turkey could help you avoid on screen distractions.

Struggling with too much screen time?
Take regular breaks from your screen and try out our recommended tools for screen-weary eyes.



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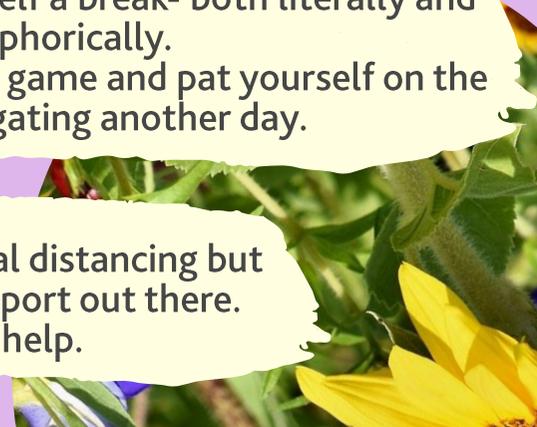
Be kind to yourself



You may feel more easily distracted or less able to concentrate on your work whilst everyone else appears to be especially productive. Try not to fixate on others. Instead, focus on your own goals and achievements.

While you should try to stay active, it is also important to give yourself a break- both literally and metaphorically. Have a cup of tea, play a game and pat yourself on the back for navigating another day.

We may be practising social distancing but there is still plenty of support out there. Ask if you need help.



Help and support

7

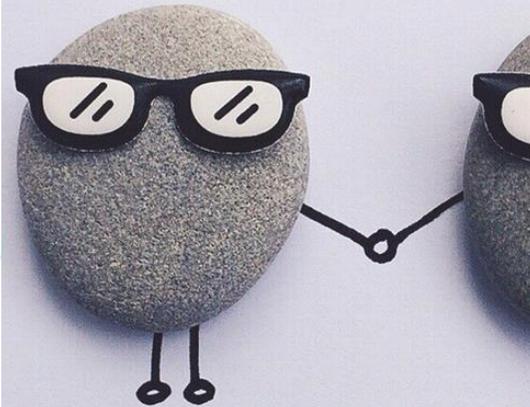
We may be working remotely but help and support are still available.

There are lots of online resources available to support you with the current situation.

Try the Mind guide
or
Happiness Lab

Library Services
and other University services, are still here for you.

Apps can be a great way to keep on top of things.
Try SAM app , Catch It or find others in the NHS app library.



8

Need help now?

Samaritans

Call free any time 116 123

Papyrus

Confidential suicide prevention advice

NHS

Coronavirus help and advice



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Useful links

[Study Happy website](#)

[University of Worcester remote working wellbeing](#)

[University of Worcester help and support](#)

[NHS Live Well](#)

[NHS Apps library](#)

[NHS Coronavirus information](#)

[Mind Coronavirus guide](#)

[Young Minds](#)

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[Online colouring and games](#)

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