

# It's normal to feel nervous

We've all been following official guidelines for the last 18 months and it may feel strange to now come to University and move in with new people or meet new coursemates.

It's natural to feel nervous and you may have concerns about staying safe. It's good to be cautious, but sometimes these worries may feel overwhelming and interfere with the enjoyment of everyday life.

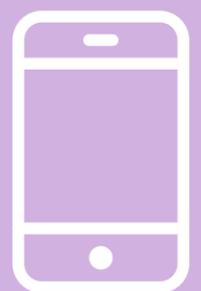
When we're feeling more anxious, we may underestimate our ability to cope, so it's helpful to remind ourselves of what we have control over.

# Tips if you're feeling nervous

1) Talk to others – speaking with someone you trust like a friend or family member about your worries so that they can support you.



2) Stay informed but be mindful - it is good to keep up with the news but you can step away from it as well. The same can be said for social media, it is a useful tool to connect with others but if you're feeling overwhelmed, take some time away.



3) Self care – take time during the day to focus on doing something that you enjoy and makes you feel good. For example, practising mindfulness or exercise.



4) Focus on what you can control – practice good hygiene like washing your hands and wearing a mask if you want to, socialise safely, register with a GP and get plenty of sleep to keep feeling well.



**Try and use our implementation intentions table to plan how you can include these tips in your day**



# Implementation intentions table

Protective health behaviours are the things we do to keep ourselves healthy. We sometimes experience a gap between the health behaviours we intend to do and those we actually complete. To help reduce this intention-behaviour gap we can plan actions into our daily routines - we've developed this implementation intention table to guide you through this.

## What is my goal or commitment?

Example: I will wash my hands after returning from the supermarket

## If this...

Example: I'm going to the shop

## Then...

Example: I will make sure I have enough hand wash at home

## Are there any hurdles? How can I overcome them?

Example: I might get distracted when I arrive home. I will put a post it note on my door to remind me.

Take a look at [this page](#) if you want to find out more.

# Handwashing 101

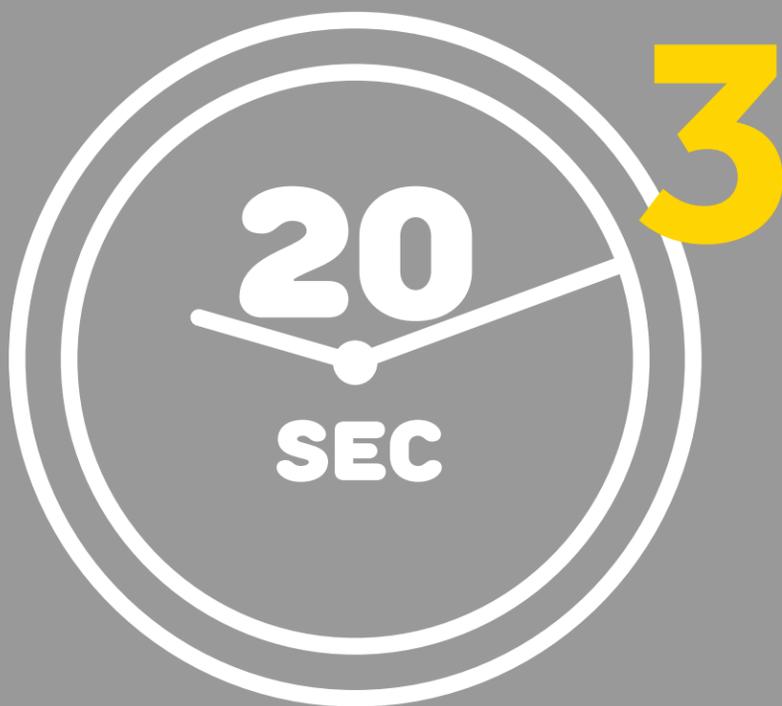
Source: World Health Organization



Wet your hands before applying soap.



Rub soap all over your palms, the backs of your hands, and in between your fingers.



Do this process for at least 20 seconds before rinsing.



Wipe your hands with a clean towel or paper towel and void rubbing too vigorously.

# How to use a mask?

Source: World Health Organization

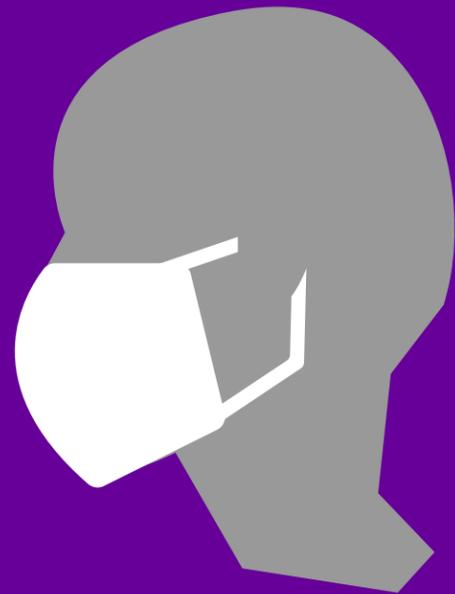


## Before putting on a mask:

Clean hands with alcohol-based hand sanitiser or soap and water.

## While wearing a mask:

1. Cover your mouth and nose. Make sure there are no gaps between your face and the mask.
2. Avoid touching the mask. If you do, clean your hands with alcohol-based hand sanitiser or soap and water.
3. Replace the mask with a new one as soon as it is damp. Do not re-use single-use masks.



## To dispose of the mask:

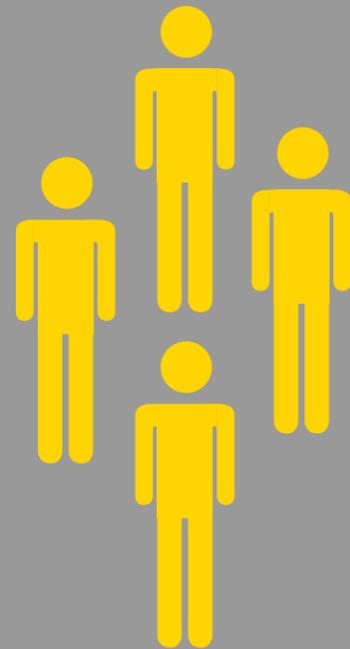
1. Remove the mask from behind using the strings. Do not touch the front of mask.
2. Discard the mask immediately in a closed bin.
3. Clean hands with alcohol-based hand sanitiser or soap and water.



# Looking after yourself when you arrive

## Connecting with others

- Meeting new people can help you to feel safe and connected to others
- Think about joining a society or a sports team, or signing up to a volunteering opportunity
- Remember though, you can do this at your own pace and only when you are ready



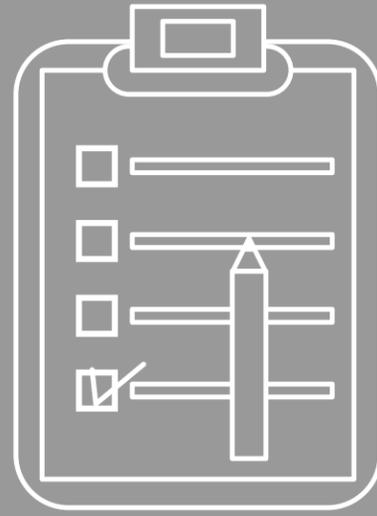
## Using technology

- Schedule video calls with your friends and family into your diary
- Use video software to discuss assignments with your coursemates
- Play games or watch movies online with friends and family



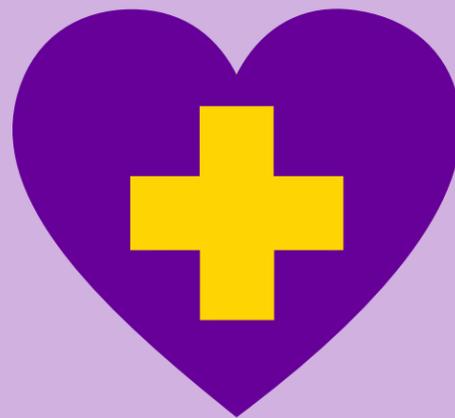
## Maintain a routine

- Keeping a routine can give you a sense of stability and control
- Set specific times for work, rest and leisure time
- Create small, achievable goals for each day



## Protect yourself

- Focus on the long term rather than the short term
- Limit information seeking to certain points of the day
- Maintain protective behaviours like exercise and healthy eating



## Be kind to yourself

- Acknowledge that your feelings are normal and justified
- Prioritise your self care and make time for activities you enjoy
- **Check out the Six Ways to Wellbeing pages for activity ideas**



# Sleep routine

## Why is this important?

Getting a good night's sleep can have a direct effect on our overall wellbeing. It can affect the way we feel, our appetite, how quickly we recovery from illness or injury. It also has a significant impact on memory and focus, which are crucial for studying! Setting a helpful evening routine can improve our sleep quality greatly. Try and create a routine that works best for you and follow it every night, as this will help to signal to your body that it is time for sleep.

### During the day

Aim to get at least 30 minutes of daylight to help keep up your body's natural rhythms. You should also try to fit some physical activity into your day as this creates a deeper sleep at night. Try these planners to help.

### 3 hours before

Try and eat your evening meal around 3 hours before you want to sleep. Digestion of food releases energy, which may keep you awake if you eat later.

### 2 hours before

At this point in the day, you should begin to wind down. Try to finish working, studying or exercising before this point to allow yourself to relax

### 1 hour before

Try and limit your screentime at this point. You could do something relaxing like drink a non-caffeinated drink or take a warm bath or shower.  
You could also find it useful to use this gratitude journal at this point to help alleviate anxiety and worry.

### Just before

Make sure that your room isn't too warm, as cooler temperatures are better for sleep. Put on a mindfulness practice for sleep and let yourself drift away.

# My safety checklist



**Register with a GP when you know your Manchester address**



**Plan your journey to campus in advance if you are worried about taking the journey for the first time**



**Keep up to date with the latest guidance, but be mindful**



**Remember the things that make you feel safe like your phone, mask and hand sanitiser**



**Know who you can talk to if you're worried**

**Visit [studentsupport.manchester.ac.uk](https://studentsupport.manchester.ac.uk) for support and resources**