We've all been following official guidelines for the past few 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** - try to limit your time watching the news and step away from social media if you are feeling overwhelmed. Try to also get your information from trustworthy sources.

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, socialise safely, register with a GP and get plenty of sleep to keep immune system healthy and reduce anxiety levels.

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**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 wear a protective mask |

**If this...**

| Example: I'm going to the shop |
| Example: I'll put on the mask before I leave |

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

| Example: I might run out of disposable masks so I'll buy a reusable one |

Take a look at [this page](#) if you want to find out more.
Handwashing 101

Source: World Health Organization

1. Wet your hands before applying soap.

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

3. Do this process for at least 20 seconds before rinsing.

4. Wipe your hands with a clean towel or paper towel and avoid 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.
How to feel socially connected whilst being physically distanced

Following government guidelines and remaining 2 metres away from anyone who is not part of your household.

This is not the same as physical distancing. You can socialise with friends and family online and by complying with Government regulations.

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
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 recover 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.

Sleep routine

**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
- Make sure to carry your mask and hand sanitiser whilst on campus
- Keep up to date with the latest guidance, but be mindful
- Know who you can talk to if you're worried

Visit studentsupport.manchester.ac.uk for support and resources