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The University of Manchester

SIXWAYS
to wellbeing

Wellbeing Champion training

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Everyone is welcome!

Postgraduate Researchers (PGRs)

- Researchers often have differing pressures and wellbeing concerns from UG/ PGT students
- Focus groups have investigated PGRs engagement with the Six Ways, as part of the 'PGR Wellbeing Project',
- PGR Wellbeing Champions Pilot is testing how the role could be adapted to better suit PGRs
- Your feedback is always welcomed!

PGR Well Bee-ing Project

Improving provision, support, and resources for wellbeing and mental health issues in our PGR community.



Warm up activity!

- Go around the table and introduce yourselves
- Pin point on the map where each of you are from
- Share a cultural value or something you've learned from that place

How do we define wellbeing?

- Wellbeing is a measure of how well we function day to day, and how we feel about ourselves and our lives as a whole.
- It is important to note that wellbeing is dynamic and can change day to day.
- Using techniques to improve your wellbeing in your daily life can help you to cope with any negative experiences.

Why is wellbeing important?

Looking after your wellbeing means:

- You are more likely to be relatively confident and have positive self-esteem
- You can feel and express a full range of emotions
- You can build and maintain good relationships
- You can feel engaged with the world
- You can feel hopeful about the future
- You can live and work productively
- You are able to cope with everyday stresses
- You can adapt in times of change and uncertainty

What do you understand about the Six Ways to wellbeing?

Talk within your group.

What are the Six Ways to wellbeing?

connect

give

take
notice

be *active*

be **healthy**

learn and
discover

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connect

Why?

Feeling close to and valued by others is key to our happiness. Finding time to nurture your friendships and family bonds can help you feel better and live better.

Activity:

Ask the person next to you:

“What made you want to become a Wellbeing Champion?”



Why?

Helping, giving, sharing – doing something for someone else has been proven to make us feel more positive and increase our self-worth.

Activity:

Give the person next to you a compliment!



Why?

Being mindful of the moment – what’s happening, and how it makes us think and feel – can help us better understand ourselves. When we know how to do this, we can seek out the moments that we value most.

Activity:

Watch:

<https://www.youtube.com/watch?v=b5Hw-6HzLPM>



Why?

Exercise isn't just about keeping fit. Evidence suggests that physical activity can help us think and feel positively.

Activity

- Stand up if you can
- Slowly roll your head in three big circles one way
- And now the other way

- Slowly roll your shoulders forward, up, back and down. Do this three times.



Why?

A healthy body will help you keep a healthy mind. Being healthy includes sleep, nutrition and personal safety. Remember that this will be different for everyone!

Activity

Using our phones less can help to improve our quality of sleep.

Practice today by not checking your phone for the rest of the session.

(Unless it's urgent of course!)



Why?

The act of learning in itself is valuable and has been shown to boost self-esteem, resilience, social integration and more.

Activity

Watch:

<https://www.youtube.com/watch?v=UNP03fDSj1U&feature=youtu.be>



Activity

Sort the cards into the activities that you think fit with each “way”.

connect

give

take
notice

be **active**

be **healthy**

learn and
discover

Your role

What it is:

- Your role is to support the current “way”, whether that’s by helping at or promoting a University event, running your own event, or blogging.
- Your focus will be to inspire students to try new positive activities or ideas that fit with their lifestyle.

Your role

What it isn't:

- Provide support or talk about mental health issues
- The University has a range of support services whose responsibility it is to do this.

Please visit

www.studentsupport.manchester.ac.uk/taking-care/support-services/

for the full list of specialist services offered at the University.

Pg. 13 of
your
handbook

How will I do this?

Promote
Six Ways
events/
campaigns



One core
activity
per
semester

Run your
own
wellbeing
events

Help at
University
wellbeing
events

Write a
Six Ways
focussed
blog

Pg. 14 - 21
of your
handbook

How will we help you?



Pg. 24 &
25 of your
handbook

Role requirements

Stellify Wellbeing Champions:

- One core activity per semester
 - Only one blog per year counts (you can write as many as you want!)
- Evidence for these tasks
- General promotion + **evidence of this!**

Non-Stellify Wellbeing Champions & HEAR:

- One core activity per semester
 - Only one blog per year counts (you can write as many as you want!)
- Evidence for these tasks

General promotion (no evidence required)

Blog writing

- Approx 500 words on a topic related to positive wellbeing
- Can be related to one or all of the Six Ways
- Format is up to you!
 - Please note that all blogs will be checked and may be tweaked before publication

To submit your blog, you will complete the following Google Form:
bit.ly/WBCblogform
and attach your blog at the bottom.

Where do I go if I'm stuck with my blog?

- Have a look at the **top tips** in your handbook
 - Pg. 16 & 17
- Make an appointment to discuss your idea in one of the **weekly help sessions**
 - Email: studentwellbeingchampions@manchester.ac.uk

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Any questions?

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Break!

You will be asked to
promote these campaigns &
the events in each one.

Events



University events

- Large scale University event per campaign
- Champions will be asked to help out at these events
 - E.g. promotion/attending/putting Six Ways “spin” on it
- We will send out fortnightly emails and Facebook reminders about upcoming events

Pg. 22 of
your
handbook

University events: during

- Take photographic evidence of your attendance
 - E.g. a selfie or series of photographs



Pg. 22 of
your
handbook

University events: after

- Complete the following evaluation form and attach your photos at the end
 - bit.ly/WBCcentraleventevidence

Pg. 20 &
21 of your
handbook

Your events: planning

1. Discuss ideas in monthly meetings

2. Look at the event guidance on pg. 18-21 of handbook

3. Contact the other WBC in your school

4. Use the event planner to plan your ideas

5. Discuss your idea with us at a weekly help session if you wish

6. Complete [event proposal form](#) at least 14 days before event!

Pg. 23 of
your
handbook

Your events: during

- Take photographic evidence of your attendance
 - E.g. a selfie or series of photographs



Pg. 23 of
your
handbook

Your events: after

- Complete the following evaluation form and attach your photos at the end
 - bit.ly/WBClocalevidence

Example events from last year



Take Notice poetry slam
February 2019



Be Active litter pick
March 2019

Where do I go if I'm stuck with my event?

- Take a look at the **“How to guides”** & **Checklists** in your handbook
 - Pgs. 22 & 23 and 24 & 25
- Visit the **website** for example events & event plans
- Make an appointment to discuss your ideas in one of the **weekly help sessions**
 - Email: studentwellbeingchampions@manchester.ac.uk

What will I get out of this?

- Meet like-minded people!
- Deeper understanding of the Six Ways to wellbeing
- Learn about activities which help to improve wellbeing
- Teamwork and cooperation
- Event planning, delivery & evaluation
- Be an ambassador for student & PGR wellbeing
- Encourage student participation
- Blog writing/editing
- Stellify/ HEAR accreditation (UG only)
- WBC socials

Your commitment

- Write down your personal commitment to the role of Wellbeing Champion
- Go to [menti.com](https://www.menti.com) and type in code 61 48 38 and add your commitment on here too.
 - It can be anything!
 - E.g. Help to engage other students
 - E.g. Do the best I can with the time I've got

Before the final activity...

- A word about Sport & Peer Support

Student Sport Offers

- Sporticipate
 - Over 60+ hours a week free sport and activity sessions aimed at new participants
 - Number of 1 off events and ‘learn to’ programmes
 - Aimed at beginners, no commitment required
 - We will support any event which engages students in sport and/or physical activity.

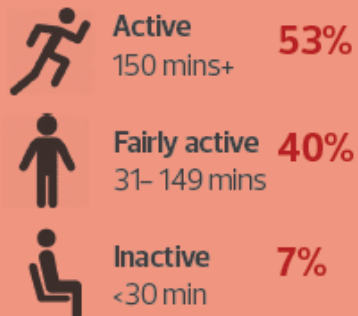


Why bother?

ACTIVE vs INACTIVE

CMO Guidelines:

Adults should undertake at least 150 minutes a week of moderate intensity physical activity



PERSONAL WELLBEING

Questions were scored from 0 (not at all) to 10 (completely):

		
Feeling worthwhile	7.3	6.4
Life Satisfaction	7.1	6.2
Happiness	6.8	5.8
Anxiety*	4.3	5.1
*scored using an inverse scale		

MENTAL WELLBEING

Average SWEMWBS score:



SWEMWBS is a scale used to measure mental wellbeing by asking the level of agreement with positively worded statements e.g. 'I've been feeling useful'. The maximum score is 35 and a higher score represents higher mental wellbeing.

SOCIAL ISOLATION

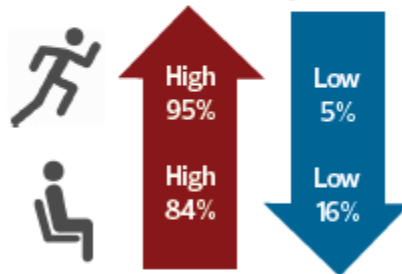
Questions were ranked from 1 ('never') to 5 ('always'):

% answering usually or always to these 'I feel...' questions		
Left out	9%	21%
People barely know me	16%	31%
Isolated from others	11%	22%
People are around me but not with me	14%	27%

Why bother?

ATTAINMENT

Grade expectation for students at university:



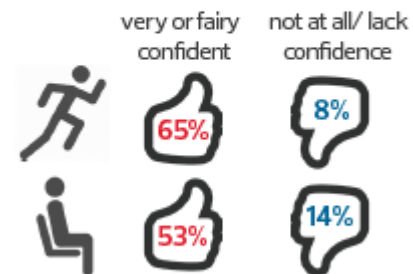
Average hours studied per week: **30+ hours**

High: 1st/2:1 Low: 2:2/3rd

High: 1st/2:1 Low: 2:2/3rd

EMPLOYABILITY

Confidence of finding a job within 6 months of graduating:



Active students rated themselves higher for teamwork, analysis, communication and drive

Upcoming Events

- This Girl Can Week: 2nd-8th December, a series of women's only sessions, keep up to date with Sporticipate Facebook and email updates for more info.
- Sporticipate Ice Skating night Wednesday 4th December.
- Sporticipate Yoga Retreat Saturday 7th December – Places still available on online store.

Links

- Facebook page: <https://www.facebook.com/sporticipate/>
- Sporticipate Webpage (where you can register for the programme and email update):
<http://www.sport.manchester.ac.uk/sport/sporticipate/>
- Email (for queries etc. about the programme):
sporticipate@manchester.ac.uk

Peer Support at Manchester

Number of
Schemes

70+

Total number of
programmes of
study with a Peer
Support Scheme

497

Officially Est.
at Manchester

1995

Number of
Volunteers

1756

First Year
Undergrads with a
Scheme

All of them

Opportunities to Collaborate

- Wellbeing debriefs
- Signposting to events
- Paired up events/activities
- Wellbeing popups in scheme run events
- ... and more to come
- Basic Life Support sessions
- Become a Peer Mentor/PASS leader next year

peersupport@manchester.ac.uk



Event planning task

- The current Six Ways campaign is give
- Discuss some event/activity ideas within your groups
- Complete the event planner
 - Remember that you will hopefully be leading these events - try to make them ‘manageable!’