



To structure my day, when I wake up, I get dressed (a bit) and go to the lounge to work and don't return to my bedroom until the end of the day! I've been listening to a lot of radio to compete with the silence - BBC Radio



CREATE A VLOG FOR US TO SHARE

Students want to hear from other students about how they're maintaining their wellbeing. Send us a short vlog about how you're managing your wellbeing right now and we'll share it on our Instagram story for other students to see.

VLOG TOPICS

Please vlog about one of these topics:

- How you've used one of [our wellbeing resources](#)
- Review an online workout (try [UoM Sport's #StayInWorkOut!](#))
- Your top self-care tips
- Maintaining wellbeing in your new routine

Your vlogs should be:

- Around 1 minute long
- Filmed in portrait mode
- Focused on the positive
- Authentic! We want to hear from you!

Please submit your vlog via the Wellbeing Champion Dropbox.

HUMANS OF UOM: WELLBEING EDIT

We'd also like to share how you're maintaining your wellbeing through a series of images. If you'd like to complete one of these posts, please:

- Write a few points about one of the vlog topics, alongside an image of yourself
- We'll share them on Instagram

The image above is an example from Peer Support when they did a similar thing (visit [their instagram](#) for inspo!)

Please submit your Humans of UoM image via our Dropbox.

EVIDENCE YOUR PROMOTION

The [promotion evidence form](#) for those working towards Stellify is now ready for you to complete.

Please complete this form by the 30th April.

April's way to wellbeing is...

be active

WRITE A POST FOR THE BLOG

If videos or photographs aren't your thing, you can write a blog instead. We'd love to have some blogs focused on positive wellbeing during current times.

If you'd like to write a post for the blog, please keep it:

- Around 500 words
- Focused on positive wellbeing
- You can write about one of the vlog topics (left!)

Submit your blog post here.

TRY ONE OF THESE ACTIVITIES!

- Take part in our weekly [Wellbeing Wednesdays](#)
- Tune in to [The Virtual Pub Quiz](#) live on Thursdays at 8.15pm
- Take a virtual tour with [Google Arts and Culture.](#)
- Watch [Beeja's Instagram story](#) for a daily mid-day meditation.