

JUNE - JULY 2021

be **healthy**

WELLBEING ROUNDUP

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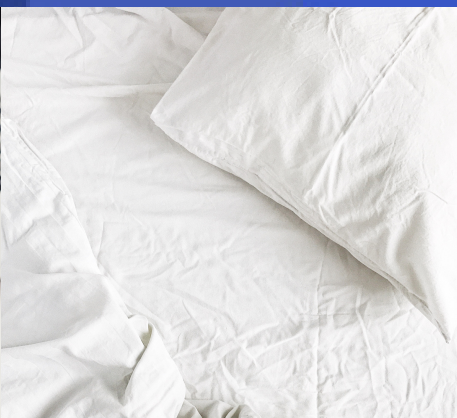
STRESS AWARENESS

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STRESS AWARENESS

Change can trigger feelings of stress in many of us, especially as lockdown begins to ease, but stress can also be caused by a build-up of much smaller pressures. It's important not to lose sight of the smaller pressures that you might be experiencing and be aware of how they are impacting you and your levels of stress. This could include the pressure of university work, family pressures or work commitments. Be sure to check out the Student Support [stress page](#) for some top tips on managing stressful feelings.

SLEEP

Sleep is one of the most important things to consider when checking in with our wellbeing. It allows our bodies to repair themselves and our brains to consolidate our memories and process information. Getting enough sleep also boosts our ability to remember and recall information, which is vital during the exam season and longer term! For advice and sleep resources, including our tips for a better night's sleep, be sure to check out the Student Support [sleep page](#).

HEALTHY EATING

There's lots of advice on the student support website to help with looking after your physical health during the assessment period and going forward, and you can [check this out here](#).

Incorporating healthy food habits into your busy schedule may seem like a lot of effort, but having balanced and nutritious meals will not only support your wellbeing but actually optimise brainpower and boost your immune system

SEX:EDIT

The sex education system in the UK is still not where it needs to be. With organisations like Sexpression and Brook working tirelessly to fight for more open, honest and safe conversation about sex and wellbeing, we hope that as The Student Wellbeing Team we can help contribute to this discourse.

You can check out this our SEX:EDit newsletters and be sure to follow @uomwellbeing for more sexual wellbeing content!

On a final note, we are aware that conversations around sex, sexuality and sexual health are a privilege in our society. Throughout this campaign, we will acknowledge this and provide support where possible.

SEX EDIT

EDITING THE WAY WE THINK ABOUT SEX

SEXUAL HEALTH

SEXUAL

WELLBEING

SEXUAL

EMPOWERMENT



WELLBEING CHAMPION BLOGS

WAYS TO MANAGE ACADEMIC STRESS

Stress is common for everyone – especially in a time such as now. In this blog, I have decided to write a small list of the methods that help me cope with stress and in that, I hope you may find something you could implement in your own lives...

SIX WAYS TO SLEEP BETTER

Did you know that sleep may actually impact your academic performance? Students who report sleeping enough each night achieve better grades at university (Gomes et al., 2011). We all know we need sleep. It is a powerful medicine which has been associated with; better emotional and cognitive functioning, reduced risk of cardiovascular disease, cancers, diabetes and more (Irish et al., 2015). On that note, here are six ways to better sleep...

AN EASY WAY TO BE PRODUCTIVE

'As long as we're finding our routines helpful and not harmful, and feel able to flex and change them as our life changes, they can be a great thing to build on and develop over time.' For me wellbeing and good mental health depend massively on being productive. There are so many ways to be productive and everyone can see productivity as something different. I see productivity as setting myself a few daily tasks which makes sure I'm active throughout the day, as being active is one of the six ways to wellbeing...



A healthy body can help you better maintain a healthy mind. [Be Healthy](#) focuses on how physical aspects of our health, such as getting enough sleep, paying attention to nutrition and hydration, and looking after our personal safety can all positively impact our overall wellbeing. Looking after your physical health may seem like an overwhelming task, especially as a student, but there are plenty of simple and easy ways to incorporate a healthy lifestyle into your current routine.

