

MANCHESTER  
1824

The University of Manchester

# Take Notice and Student Wellbeing Team Roundup 2023

**SIXWAYS**  
to wellbeing



# Introduction

Our communications in January and February focused on how Taking Notice and being mindful of the present is beneficial for our wellbeing.

We aimed to show this by doing a Take Notice Instagram grid campaign and after the success of last year, continuing park reels.

In January and February students were able to also have a go at some mindfulness meditation practices using our multi-sensor Muse headbands, which provide real-time feedback on your brain activity and heart rate. Students also participated in our clothes swap, planting event with the International Society and Mindful colouring.

We also ran an event where students could take a free water bottle as a kind gesture during the exam season. We also communicated wellbeing messaging around Valentines Day and Random Acts of Kindness Day.



## Muse Headbands

For welcome back week we ran a session where students could drop by and try out on of our muse headbands.

Muse headbands can help you learn how to meditate or bring your meditation practice to a new level with real-time feedback on your brain, heart, breath, and body during the meditations. These help you learn to better focus your attention and calm your mind and body. We also had the option for students to complete some mindful colouring.

The event was very well received and we hope to set up a muse headbands weekly mediation group with new and improved equipment soon.





"[It] helped me with my anxiety and  
stress issues"

-Muse Headbands Event



"[It] helped me relax for a while  
[and] calm my body and mind"

-Muse Headbands Event



# Water Bottle Event

During the exam season we recognise that students will be feeling overwhelmed. To combat this, we gave out free water bottles with a 'wellbeing walk' leaflet to students. The wellbeing walk reflected the Six Ways to Wellbeing and includes useful suggestions on how you can look after your wellbeing.

This event was well received and the students that received the bottles were grateful of the gesture.

This event could be better improved with a sign that reinforces that the bottles are free. Many students were apprehensive to approach us due to time constraints and the assumption that they were required to sign up to a scheme in order to attain the bottle.

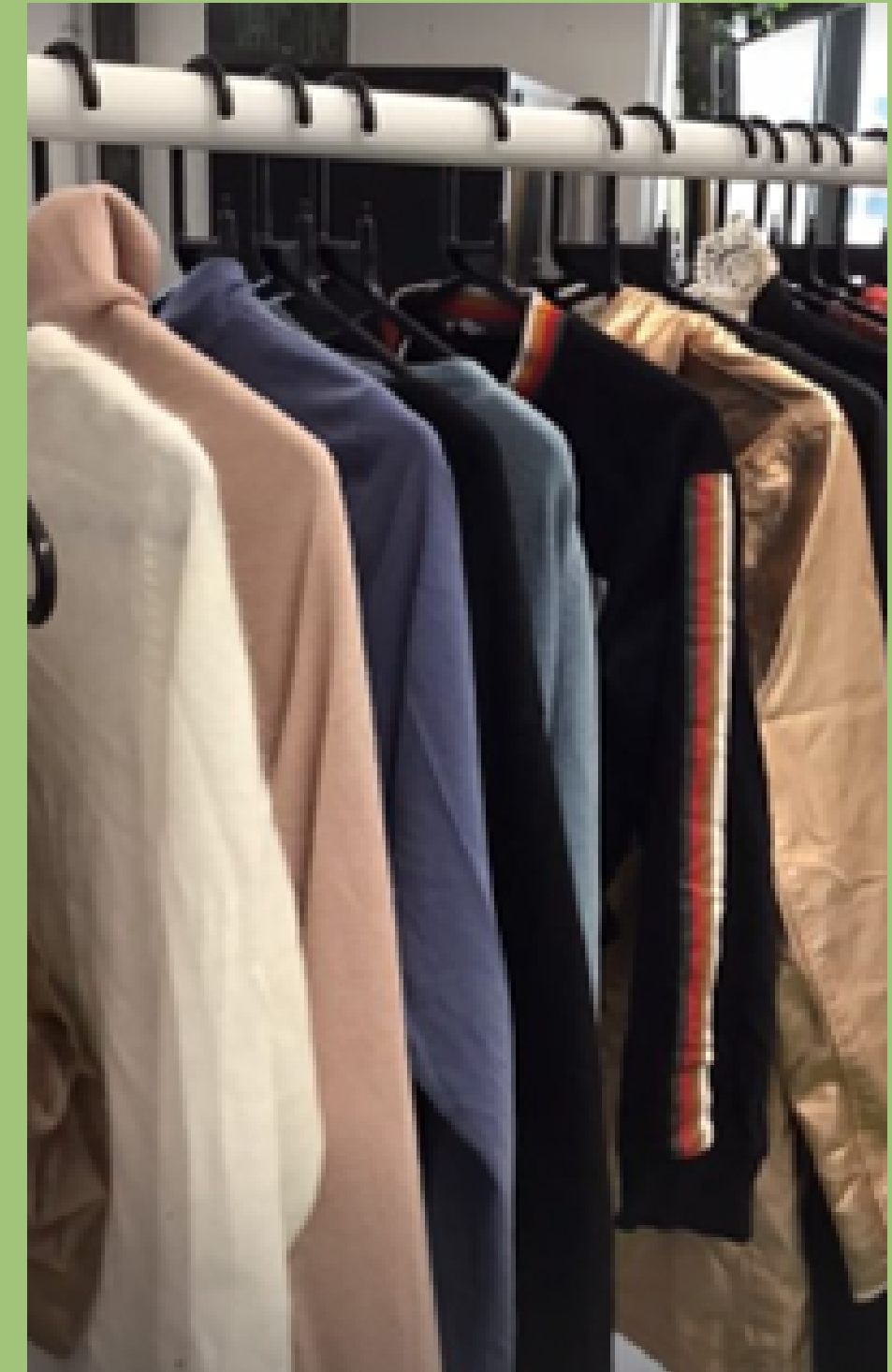


# Clothes Swap

For National Student Money Week we ran a clothes swap where students could exchange their unwanted items for new treasures.

The theme this year is 'Navigate the Numbers: Coping with the Cost of Living' and so we also shared the support services students can access at university to help look after their wellbeing and in financial hardship.

Going forward, we will continue to be mindful of cost of living crisis and run events that are free of charge for students to attend.





# International Society Collaboration

In February we collaborated with the International Society to run a planting event in support of the Take Notice way to wellbeing.

Gardening has been proven to help us Take Notice, be mindful of the present and can boost our wellbeing.

In this event, students were able to plant seeds and take home their very own plant pots! They also received care instructions for their plant.

Students verbally expressed that they enjoyed the event and some also had the chance to meet new people and practice English speaking/writing skills.

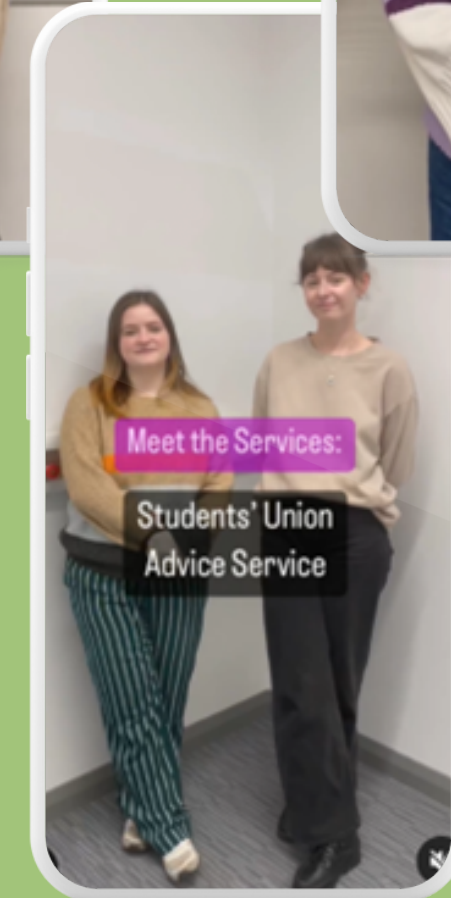
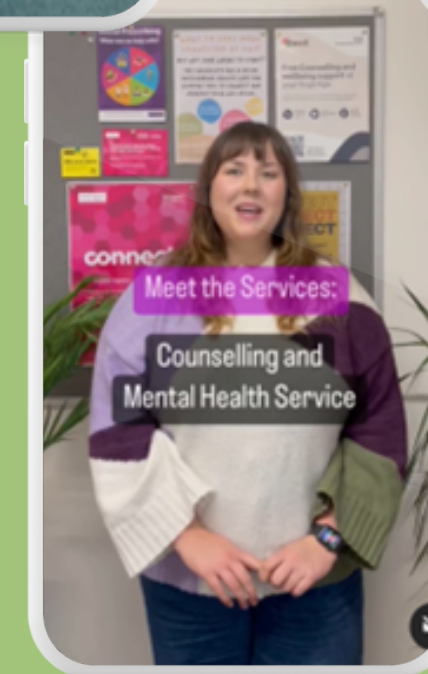
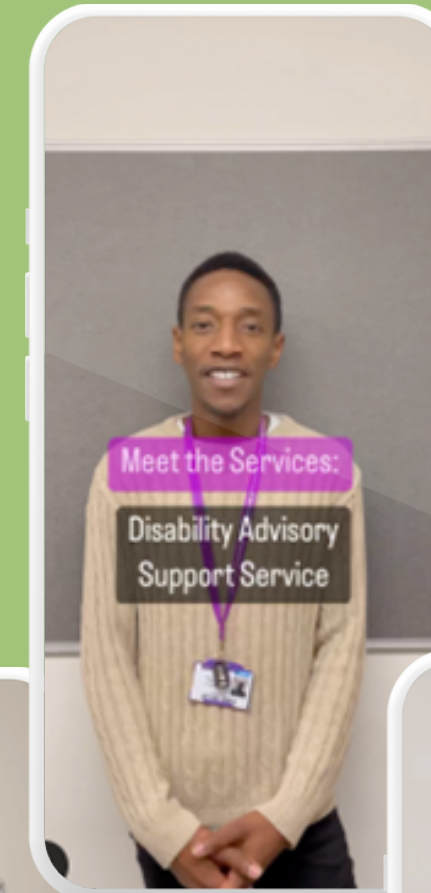


# Meet the Services Campaign

In February for welcome back week we ran a 'Meet the Services Campaign' where colleagues across numerous support services participated in Instagram Reels, outlining their service. This was with the aim to showcase each resource and remind students of the support they can access. We also collaborated with @officialuom and @manchester\_su on these reels.

These services included,

- Occupational Health,
- The Counselling and Mental Health Service,
- DASS,
- The Social Prescribing Team,
- The Students Union.





## Valentine's Day Videos

As part of Valentine's Day we put out two videos on our Instagram introducing the idea of attachment styles to students and how they can play a part in the way we interact with others.

Part one focused on outlining the characteristics of the two attachment styles that can often experience difficulties in a relationship: anxious attachment style and avoidant attachment style.

Part two focused on how we can work on ourselves to improve these attachment styles and outlined some communication tips.

So far the videos have been viewed nearly 3,000 times and received over 60 likes. However we do recognise the limitations of the evidence base for attachment theory and in future similar communications, plan to include a notice to this effect.



# Sept- Oct Instagram Data

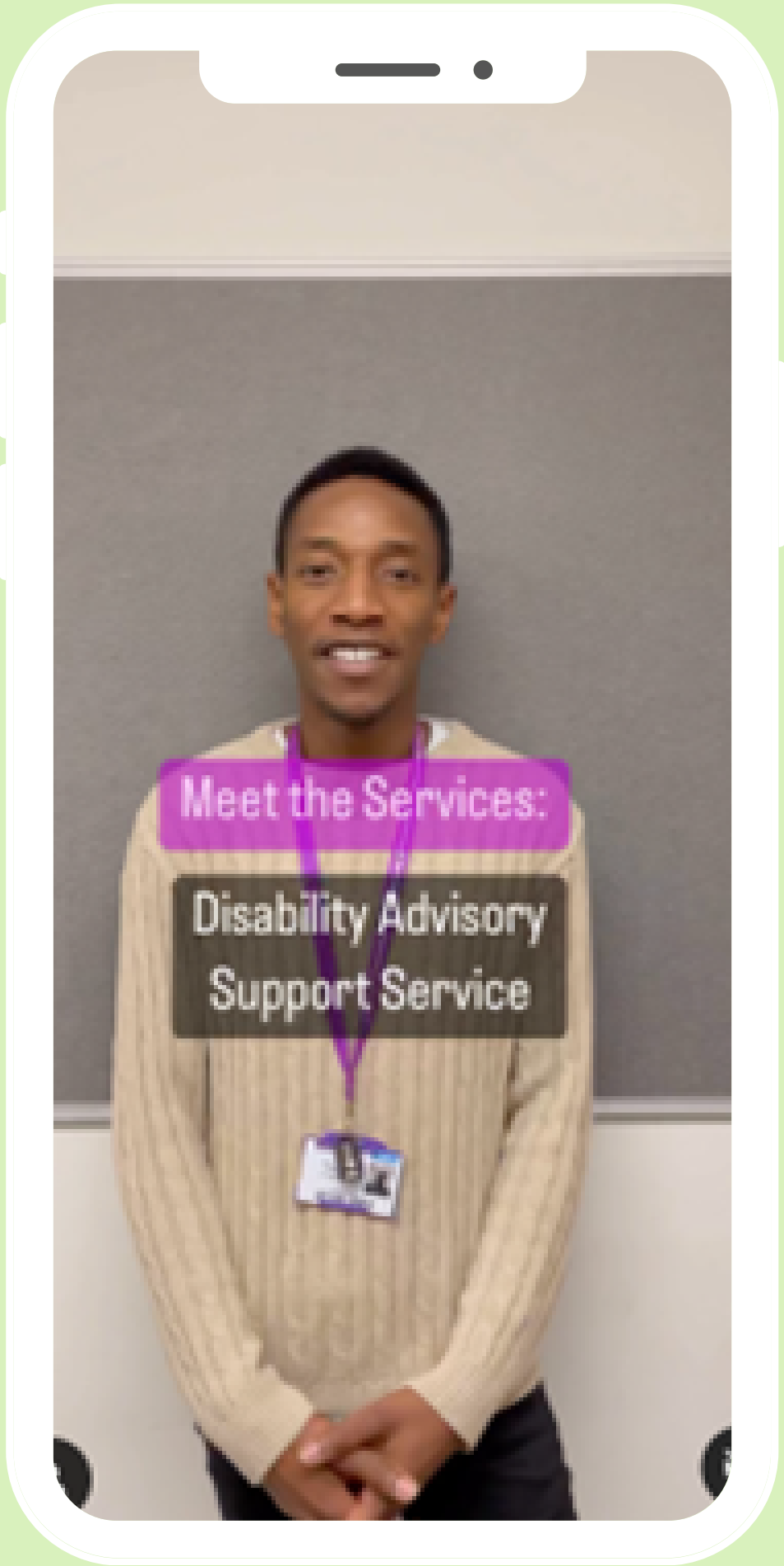
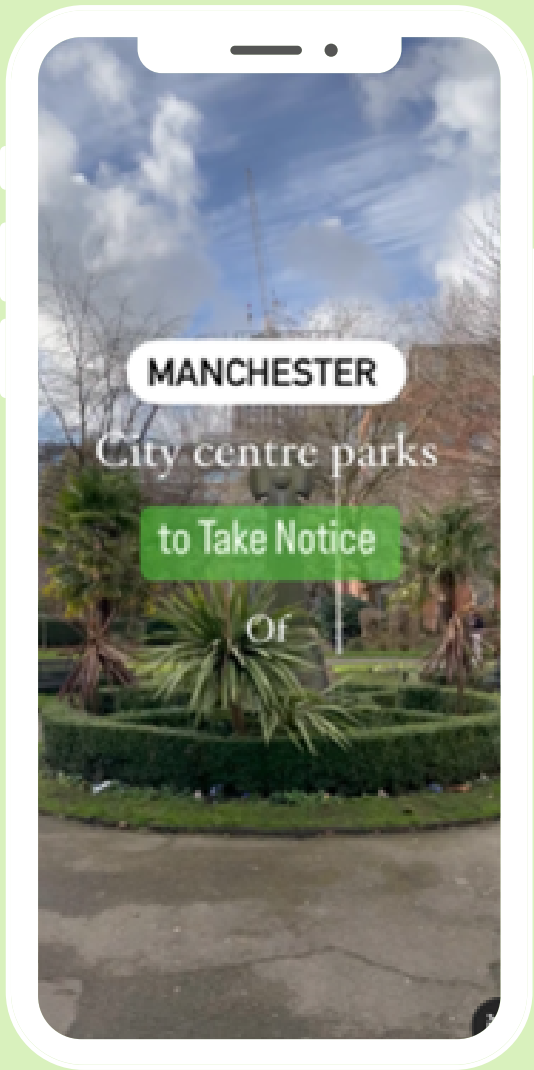


Accounts reached\*



New followers

@uomwellbeing



\*The number of unique accounts that saw any posts or stories from @uomwellbeing at least once.

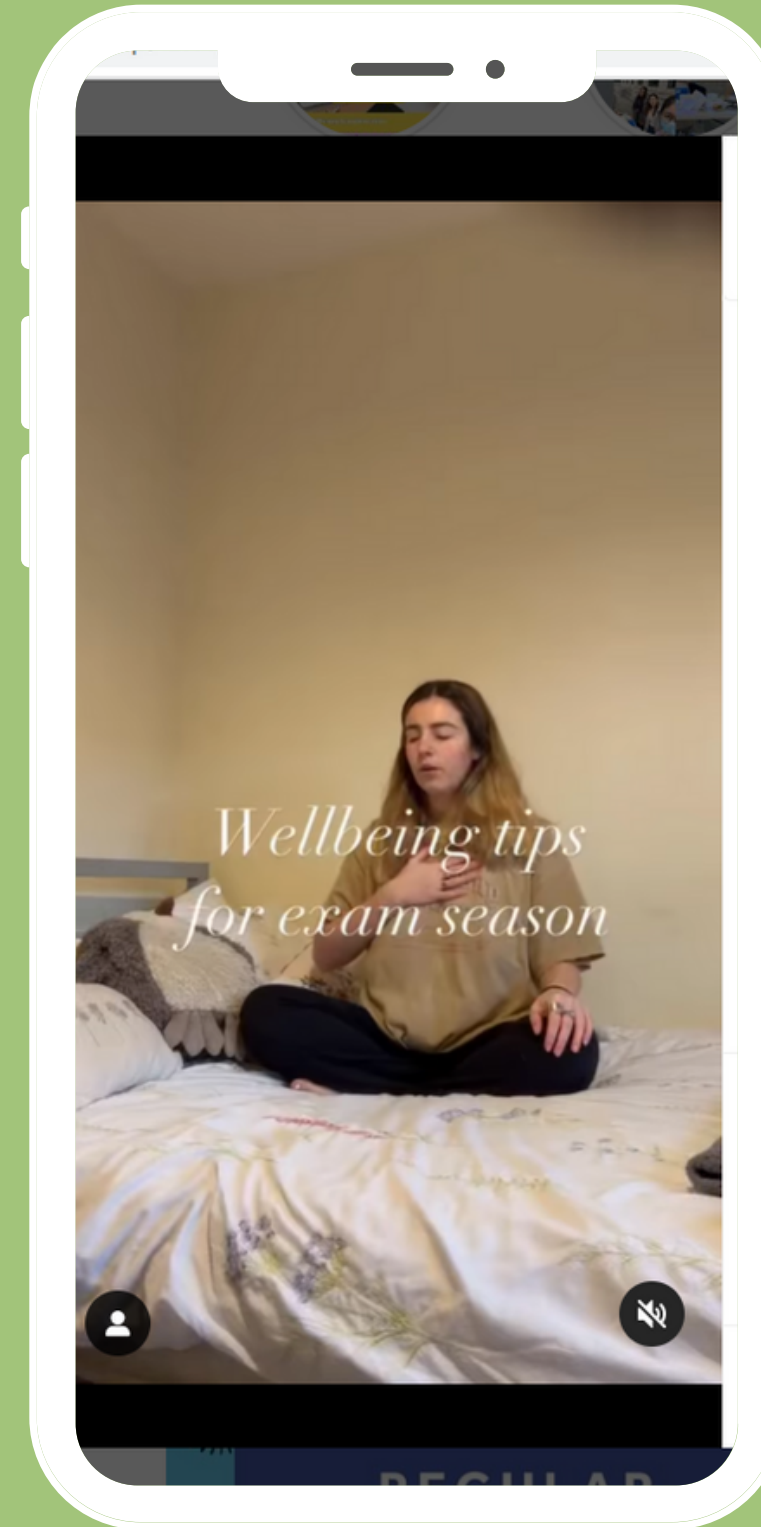
## Wellbeing Champions

Our champions have been busy planning their events. Some of the events that in are in progress include a mindful chocolate eating packs to be placed around campus and a yoga/mindfulness mediation session!

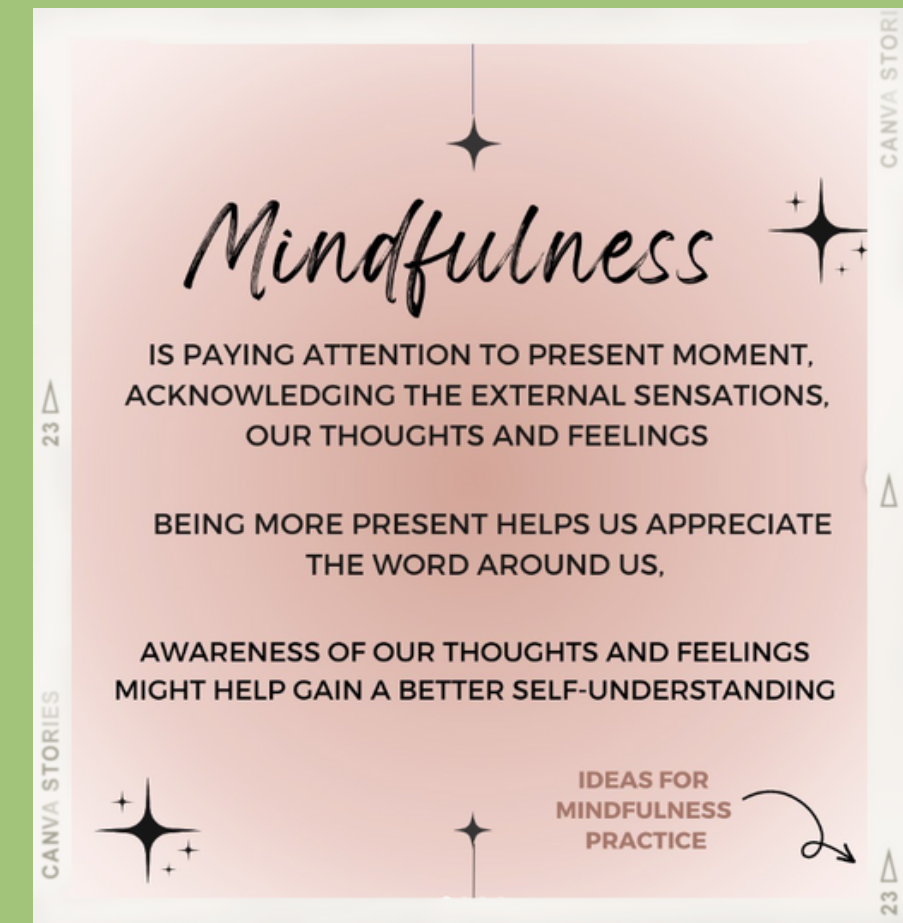
Our champions have also started to create social media content for our wellbeing champions Instagram account.

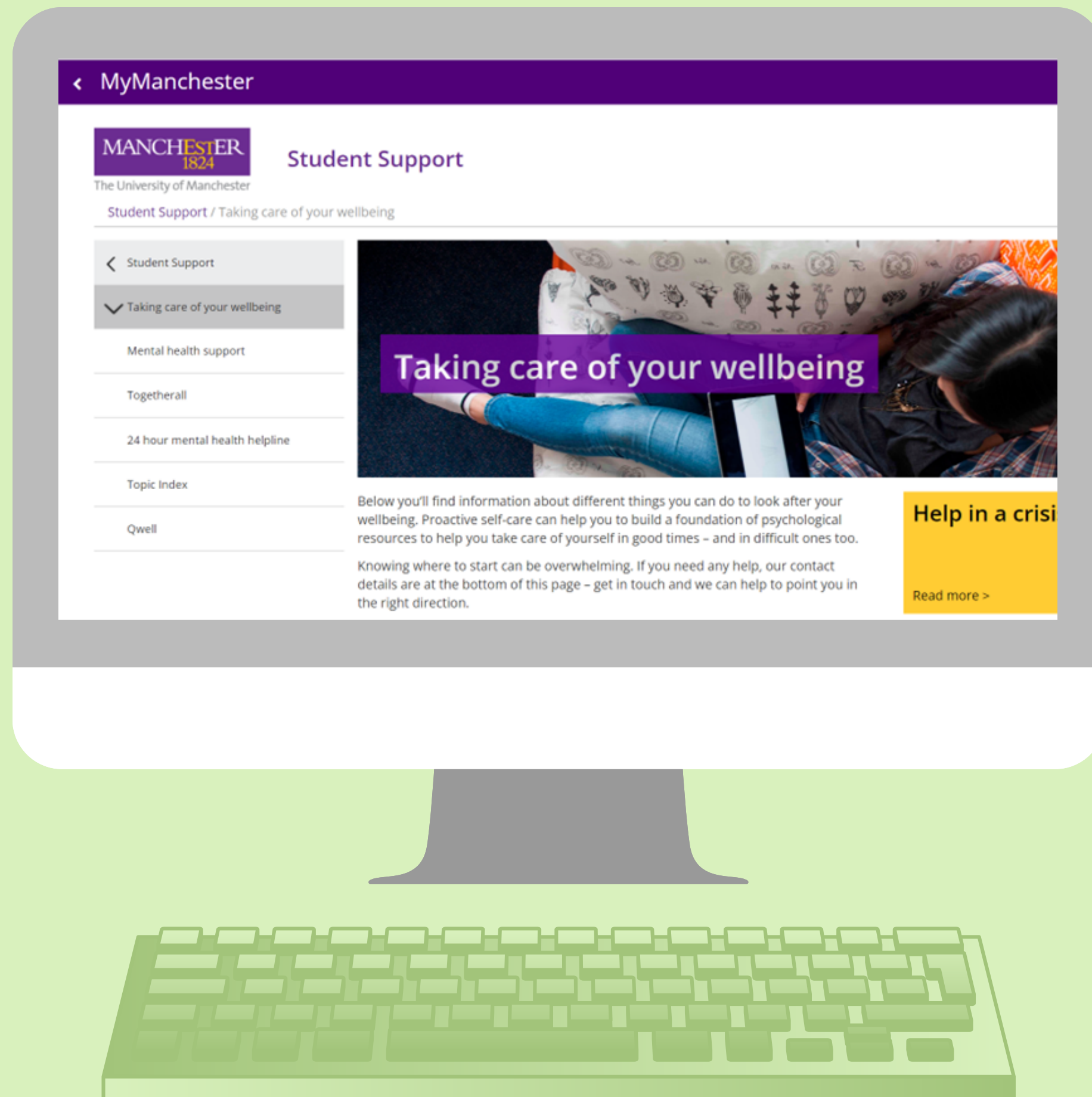
As part of Take Notice one of our champions created a mindfulness post detailing the different ways you can practice mindfulness.

Another one of our champions also created a reel where they took us along on their day revising and shared some of their own wellbeing tips other students could make use of during the exam season.



**wellbeing**  
champions





# Student Support Website Data



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Student Support Website



Users accessing the Student Support website over January and February. The most popular pages accessed by students included information on mitigating circumstances and student services.



NHS Guidebooks



Total views of the NHS Guidebooks via the Student Support Website throughout January and February. Anxiety was the most frequent guidebook accessed.



Wellbeing Chat



Total chats facilitated by the online chat function on the Student Support website across January and February. Despite demand for the wellbeing chat, the number of students accessing it remains low. We plan to promote the chat function in the coming months.



Email



## Continued

Over January and February there were a total 317 queries via email directed towards the central student support email ([studentsupport@manchester.ac.uk](mailto:studentsupport@manchester.ac.uk)). There are a range of queries sent to this inbox and we aim to reply within 2 working days.



Appointments



16 students had appointments for wellbeing related concerns. These students were supported through conversations around how to boost their wellbeing, and in some cases students were referred on to more specialist support.



Student issues



Our wellbeing advisors saw a range of students with varying queries. Examples included practical concerns such as time management/motivation, on course support around mitigating circumstances and more specific mental health/wellbeing concerns such as low mood and feeling isolated.

During the 'Take Notice' way to wellbeing we aimed to show students that being mindful of the present and with others can boost our wellbeing.

We welcome feedback and ideas to improve our service. We also strive to make our channels as inclusive as possible and we are constantly evolving. We will respond to any suggestions or queries and are grateful for your feedback.

Our next way to wellbeing is 'Be Active' where we will focus on how movement can boost our wellbeing.

Updates will be circulated via the Student Support Listserv, @uomwellbeing and the Wellbeing Events Calendar ([bit.ly/UoMWellbeingCalendar](https://bit.ly/UoMWellbeingCalendar)).