

MENTAL HEALTH AT UNIVERSITY



A GRAD SOC FREE RESOURCE

University, working, friends, family, careers, life in general - everything can take a toll on your mental health. **If you're really struggling it's always best to speak with a professional, try your GP or mental health services at your university first.** Sometimes we can help ourselves feel better by taking time for ourselves and doing things we love, so here's some suggestions for activities to do each week.

WEEK 1

- Watch a comfort film
- Order your favourite takeaway
- Get some fresh air (yes, walking to Tesco counts)
- Call or FaceTime someone you love
- Read a chapter of a book
- Do some stretches



WEEK 2

- Cook a homemade meal
- Complete a short home workout
- Open a window for some fresh air
- Read another chapter of your book
- Call or FaceTime someone you love
- Clear your digital workspace (downloads folder, photos, desktop etc.)



WEEK 3

- Go for a half hour walk with a podcast
- Watch some of your comfort TV show
- Do some stretches
- Send a message to someone you've not spoken to in a while
- Clear out who you're following on social media
- Have a hot shower or bath



WEEK 4

- Call or FaceTime someone you love
- Revisit an old hobby
- Tidy one room in your house or flat
- Try a few minutes of controlled breathing
- Get some fresh air however you like
- Read another chapter of your book



WEEK 5

- Have a hot shower or bath
- Get dressed up to stay in
- Call or FaceTime someone you love
- Clean one room in your house or flat
- Read another chapter of your book
- Watch some of your comfort TV show

