

Tips on managing stress and anxiety

- Using mindfulness tools and apps to help with stress and anxiety. Utilising university software such as SilverCloud. SilverCloud offers secure, immediate access to online CBT (cognitive behavioural therapy) programmes, tailored to your specific needs. Apps and website such as Headspace, SAMH and MIND are all valuable tools if you want help and advice about mental health and how to cope with stress and anxiety.
- Activity and exercise. Keeping active can benefit you in a several ways but particularly your health and wellbeing. Use the tools within ExHALE to think about your current activity routine and how you can use exercise to relieve stress and manage anxiety. Even small bursts of activity can help to improve mood and lower stress levels.
- Exercise with friends and family. Keeping fit with other people can be enjoyable and can improve mood and outset. If you can't meet in person then sign up to an online class or workout together and see how you get on.
- Getting enough sleep. Sleep and quality of sleep is important for both overall wellbeing and health. Try to implement a regular sleep routine and find sleeping techniques that work best for you. Small changes such as removing screens in the later part of the evening, making sure the bedroom is at the correct temperature and avoiding caffeine and sugar can all help to improve your quality of sleep.
- Keeping in contact with family and friends. Keeping in touch with family and friends can be incredibly beneficial to your wellbeing. Try and keep your social interactions up by staying regular contact with other people.
- Limit or vet social media channels. At times social media can be a scary and unchecked platform. Instead of spending hours scrolling through the latest opinion on the news why not try to find more positive and uplifting online communities and channel your energy there. If you find that social media in general is making you anxious then try to step away from it and build in "no social media" hours to your daily routine. When you do go online avoid sites and apps that you know may trigger your anxiety and try to stick to sites you trust.
- Practise self-management. Plan your days out and decide on which tasks you will complete each day. Give yourself 30 minutes per day to map out what you will do for the following day. Planning can help reduce anxiety and will also help you to get straight into work/study.
- Create work and home boundaries. Once your work/study day is over, turn your computer or laptop off. It can be tempting to keep your laptop by your side all night but try to avoid this. Switch your brain off from work and give yourself a chance to do the things you enjoy.
- Healthy eating is important for mind, body and soul. Consider your meals and keep in mind the regular guidelines on fruit and vegetable intake. Try to avoid getting too many takeaways and instead use your free time to look up recipes and spend time cooking.
- Keep your home space clean and tidy. Having a clean area to work and live is beneficial in terms of both mood and overall positive mindset.