

Wellbeing Reminders

From One Student to Another

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With the marriage of the ‘best years of your life’ with the perfect storm for loneliness, mental health and wellbeing should rightly be brought to the forefront of any student’s concern during a global pandemic. All aspects of our lives have recently become much harder to maintain and upkeep, from routine to healthy eating. Instead of the usual tips and tricks, I wanted to provide a few reminders you should tell yourself as we continue the battle of holding onto a life buoy of positivity in what feels like a hurricane of anxiety.

Let yourself feel

Be honest with yourself and how you’re feeling: take note of your emotions. We all too often ignore or push past negative feelings, telling ourselves that things are just temporary and will improve ‘soon’. But it’s so important to notice when you are feeling low and to let it all sink in. Life is rubbish at the minute, and we can’t expect ourselves to put on a brave face each day. Somewhat conversely, don’t try to work your feelings out; not everything has a solution.

University takes a lot of time and energy so remember, if you’re not feeling it, give yourself some time off. No one is productive when they’re not in the mood to be! There is very little point in forcing yourself to sit at your desk when it will just lead to a vicious cycle of stress. We’ve all needed to hear this at some point.

Exercise

We know we should exercise, but we can’t all be fitness influencers. Home workouts are definitely not for everybody and it’s absolutely okay to struggle to find the motivation to even move off your bed. But the benefits for our mental health and fitness that exercise bring cannot be ignored, particularly when a lot of movement is restricted right now. A walk outside (I’m sure you’ve been on a few), dancing about or doing some morning stretches is enough to get yourself away from the dastardly desk and bed duo, to move your body and to give yourself some me-time. Alternatively, check out any fundraisers going on for charities at the moment to boost both your heart rate and charity pots.



You’re a person, too

Often with assignments and big, long to-do lists we can forget that university is only a portion of our lives. Think about what your current life would be like without COVID restrictions (without shedding a tear) and try to recreate some of the situations, as allowed.

Get in touch with old friends and/or do something you KNOW will cheer you up. Reading permits a fictional escape to worry about someone else’s life, small crafts (remember sequin art?) can keep you feeling accomplished whilst binge-watching, and cooking or baking will always reap great rewards. Keeping busy is an important factor in acknowledging our self-worth, not to mention passing the time whilst waiting for normality to return.

You are missed

Lockdown and so much time to ourselves means we’re craving seeing familiar faces and being close to the ones we love. But this is not a one-way street: you are that person who others are missing too. Others are thinking of you and can’t wait to see you, so you are not alone in that feeling, guaranteed. Let people know you’re thinking of them and don’t be surprised when you hear it back.

So, as we face more remote learning and balancing student life with attempted inhibition of grey hair growth, remember not to expect too much from yourself, but to keep as proactive as you can and always call on someone for company when you need it.

We all know these things inside, sometimes we just need to hear - or read - it. ■