Student Wellbeing Team
Dealing with Exam Stress and Anxiety in Uncertain Times

Ciara Harkin
Pelin Yildir
Megan O’Brien
Lorraine Mawhinney

Mental Health Awareness Week

Live Your Best Life

Ciara Harkin
Rob Doyle
Ryan Luney

QUEEN’S UNIVERSITY BELFAST
#liveyourbestlife
change
Is this really the recipe for your best life?
Live your best life you
Uncertainty

Disruption = change
7000 Adults surveyed

Relationship between mortality and finding your purpose

Finding your purpose is linked to living longer.

JAMA, 2019
6. DEVELOP YOUR OWN LIFE VISION STATEMENT
5. EXAMINE WHAT ALREADY COMES EASY TO YOU
4. TAKE OWNERSHIP OF YOUR LIFE
3. FOCUS ON WHAT YOU HAVE
2. PUT PURPOSE BEFORE GOALS
1. SEARCH INWARD

12. BE FLEXIBLE
11. FIND YOUR COMMUNITY
10. EMBRACE ACCEPTANCE
9. TAKE TIME FOR YOURSELF
8. WRITE OUT YOUR STORY
7. THINK ABOUT WHAT BRINGS YOU JOY
THAT WHICH YOU LOVE

THAT WHICH YOU ARE GOOD AT

THAT WHICH THE WORLD NEEDS

THAT WHICH YOU CAN BE PAID FOR

PASSION

MISSION

PROFESSION

VOCATION
LET YOUR INTUITION GUIDE YOU. YOU ARE WHAT YOU'VE BEEN LOOKING FOR.
S.M.A.R.T. Goals

S - Specific
M - Measurable
A - Attainable
R - Relevant
T - Time-based
Specific

This includes dates, times, resources, etc. that you will need to achieve the goal.
Goals should be capable of being measured to allow you to know when you have met them.
Goals should be just out of reach, but not out of sight. Equally, the goals you set should be achievable. If you cannot achieve them you have set yourself up to fail.
Goals should be directly relevant to your life and to things that will help you get your life back in order. Think about the things that would really make a difference to your life in the shorter term that you would really like to be able to do again.
Set a time by which you would like to achieve your goals. Over time it would be ideal to set a range of short, medium and long term goals. However, initially you should seek to set no more than three short term goals.
Remember!:
- Word your goal positively
- Set 3 to start with
- Short-term – over next few weeks
- Are your goals purpose-driven?
- Keep reviewing your goals and ensure they’re adaptable
The Key To Living Your Best Life

K - Knowledge
E - Evolve
Y - You
For this reason, all of your energy should go into building better habits, not chasing better results.

And lifestyle is a process, not an outcome.

Life is not about how fast you run or how high you climb but how well you bounce.

—Vivian Komori
Life today presents:
- A schedule that is too busy
- Pressure to perform
- Too much media
- Lack of face to face relationships
- Increasing anxiety & depression
- A brain that is in a constant state of Fight or Flight

The Result:
- Decreased efficiency
- Problems with attention
- Impulsive behaviors
- Increased depression and anxiety
- Sleep difficulties
- Social struggles

Mindfulness helps develop:
- Increased stimulation in the prefrontal cortex of the brain
- Better focus and concentration
- Compassion
- Increased sense of calm
- An understanding of how our brain works

The Result:
- Increased focus and performance
- Skillful response to difficult emotions
- Increased empathy and understanding of others
- Natural conflict resolution skills
- Happier, healthier people who can work and learn efficiently
TAKE 5

PHYSICAL FITNESS
1. EAT HEALTHILY/DRINK LOTS OF WATER
2. SLEEP WELL
3. EXERCISE REGULARLY
4. LIMIT ALCOHOL
5. DON’T SMOKE

MENTAL FITNESS

Most of us know when we are mentally and physically well, but sometimes we need a little extra support to keep well. There are five simple steps to help maintain and improve your wellbeing. Try to build these into your daily life – think of them as your ‘five a day’ for wellbeing.

Connect
Connect with the people around you: family, friends, colleagues and neighbours at home, work, school or in your local community. Think of these relationships as the cornerstones of your life and spend time developing them. Building these connections will support and enrich you every day.

Be active
Go for a walk or run, cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy; one that suits your level of mobility and fitness.

Take notice
Stop, pause, or take a moment to look around you. What can you see, feel, smell or even taste? Look for beautiful, new, unusual or extraordinary things in your everyday life and think about how that makes you feel.

Keep learning
Don’t be afraid to try something new, rediscover an old hobby or sign up for a course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy. Learning new things will make you more confident, as well as being fun to do.

Give
Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group. Look out as well as in. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you.

The five ways to wellbeing were developed by the New Economics Foundation. Artwork designed in association with Belfast Strategic Partnership.

Public Health Agency, 12-22 Linenhall Street, Belfast BT2 8BS. Tel: 0300 555 0114 (local rate).
<table>
<thead>
<tr>
<th></th>
<th>Mind</th>
<th>Body</th>
<th>Soul</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Morning mind work out – 5 minutes</td>
<td>Hydrate – Drink a pint of water when I wake every day</td>
<td>Walk along shore – 40 minutes</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Mindfulness - 10 minutes</td>
<td>Make a new healthy meal</td>
<td>Give – help a family member</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Online Art Class – 40 minutes</td>
<td>Yoga – 40 minutes</td>
<td>Have a bath – 30 minutes</td>
</tr>
<tr>
<td>Thursday</td>
<td>Read – 30 minutes</td>
<td>Sign up for couch to 5K online group – run for 30 minutes</td>
<td>Plant flower seeds</td>
</tr>
<tr>
<td>Friday</td>
<td>Watch a Ted Talk</td>
<td>Take a bike ride</td>
<td>Listen to favourite music</td>
</tr>
<tr>
<td>Saturday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
BOSS YOUR MOOD

B – Body
O – Oxygen
S – Self talk – Energy
S – Self talk - Action
Can you tell the physical difference between tension and relaxation? Are you relaxed right now?

1. Clench your jaw and tense your neck for 10 seconds
2. Relax slowly and concentrate on the physical differences between your body tensed and relaxed
3. Repeat!
## Self Care Plan – Building Resilience

### Become a Scientist of Your Own Emotions

<table>
<thead>
<tr>
<th>Emotion – Note where is the emotion coming from?</th>
<th>Areas to address</th>
<th>Plan how</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Become a Scientist of Your Own Emotions – Inspire Self Help strategies - Mood Tracker

Track how you’re feeling today, and how much sleep you’ve got!

How would you rate your mood today? 1 being the worst, 10 being the best

How many hours sleep did you get?

1 or less 2 3 4 5 6 7 8 9 or more

https://www.inspiresupporthub.org/students/
PIN is QUB2019!
Become a Scientist of Your Own Emotions – Mood Tracker

Compare your mood across the past month - are there any patterns?

Getting a good night’s sleep can improve your mood. Have a look at our factsheets on sleep for tips on how to improve your sleep.

https://www.inspiresuporthub.org/students/
PIN is QUB2019!
## Coping Planner

### COPING PLANNER

<table>
<thead>
<tr>
<th>Options</th>
<th>Positive consequences</th>
<th>Negative consequences</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Changing Our Habits
Building Resilience

- Gratitude Practice – Morning or night?
- Accept and acknowledge the feelings of stress – reframe into excitement
- Recognise emotions – use the Boss Strategy to take control and take positive action
- ‘Yay Moment Practice’
- Positive self talk mantra
- Trophy moments
Get in Control
Lock Down – A Healthy Work/Life Balance? Or are you close to burn out?

*Never has a healthy work life balance been more important and never has it been more difficult*

* Pressure in society make us feel we always must be productive and busy*

1. Comfortable and organised working space – one single room for you office
2. Stick to normal working hours – normal revision study hours – revisit your revision timetable study hours
3. Create a Self Care weekly timetable – involve others in your home to support you with this
4. Daily exercise is important – mind and body
5. Have work clothes and home clothes
6. Do an exciting activity at the weekend
7. Create a commute
Web: www.qub.ac.uk/sgc/wellbeing
Email: studentwellbeing@qub.ac.uk

Drop In Service:
Monday - Friday, 11am – 3pm, during term time
Tel: 07387546123

Inspire counselling – Email: hello@inspirewellbeing.org
Tel: 028 9032 8474
Lifeline Helpline: 0808 808 8000

@QUBWellbeing