

Mental Health Awareness Week

Live Your Best Life

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#liveyourbestlife







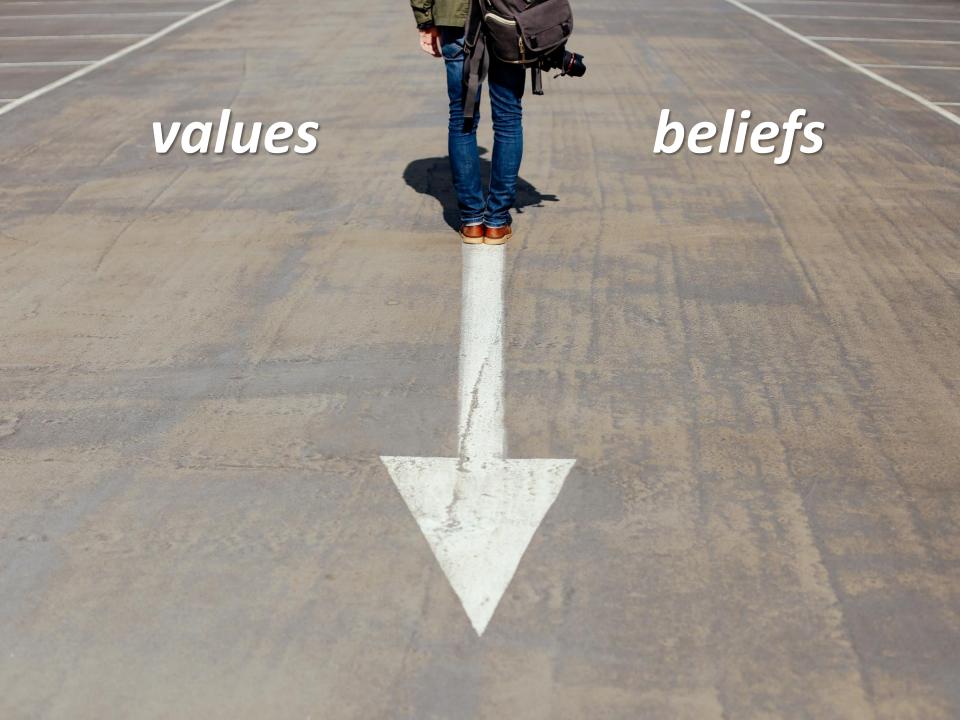


change



Is this really the recipe for your best life?



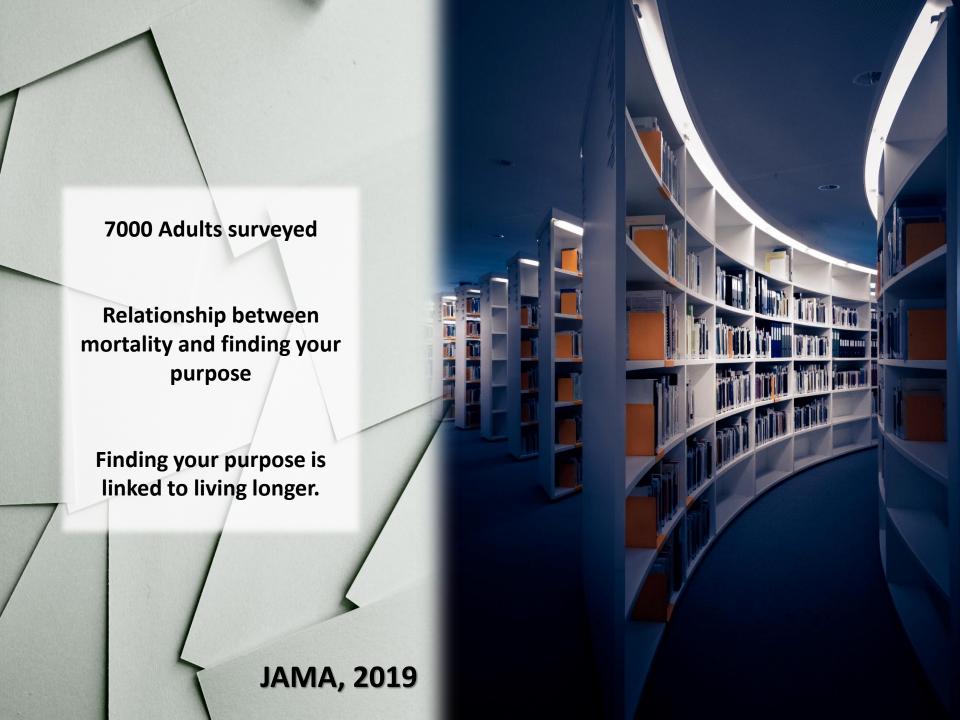




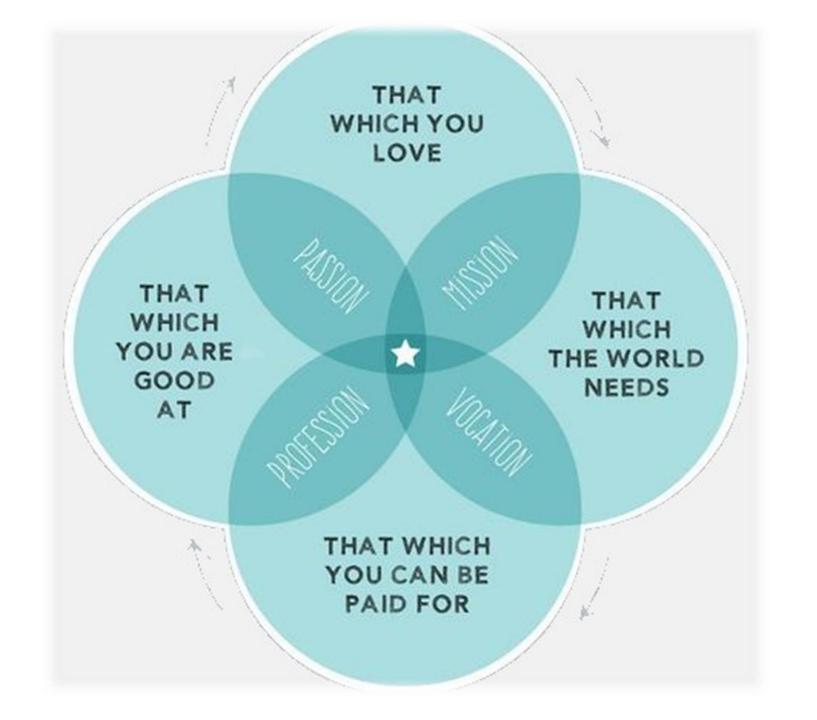
Uncertainty

Disruption = change











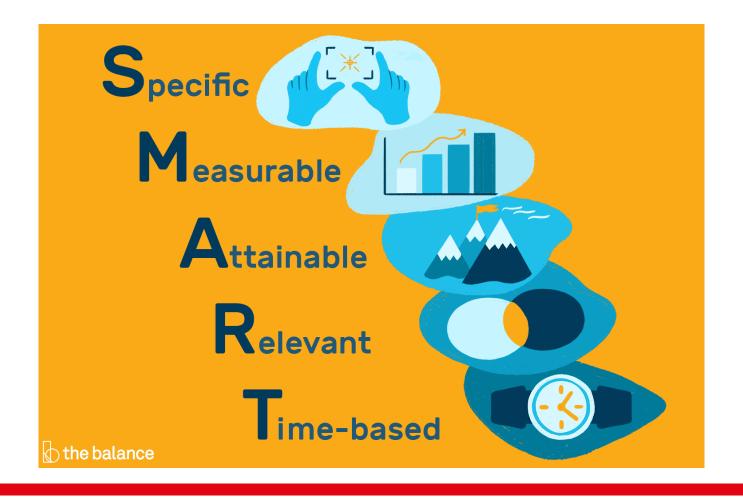






Goal Setting

S.M.A.R.T. Goals





Specific

SPECIFIC

Your goal is direct, detailed, and meaningful.

This includes dates, times, resources, etc. that you will need to achieve the goal.



Measurable



MEASURABLE

Your goal is quantifiable to track progress or success.

Goals should be capable of being measured to allow you to know when you have met them.



Achievable



Your goal is realistic and you have the tools and/or resources to attain it.

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.



Relevant

RELEVANT

Your goal aligns with your mission.

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.



Time-Bound

TIME-BASED

Your goal has a deadline.

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.

Pulling it all together!

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

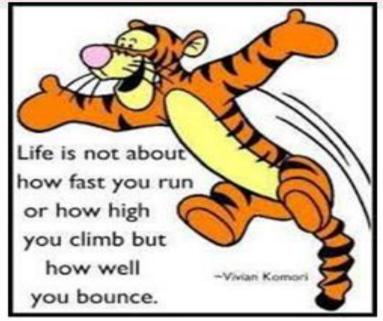












And lifestyle is a process, not an outcome.



For this reason, all of your energy should go into building better habits, not chasing better results.



Self Care and Investment = Resilience and increased Performance

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).



Weekly Self Care Timetable

	Mind	Body	Soul
Monday	Morning mind work out - 5 minutes	Hydrate – Drink a pint of water when I wake every day	Walk along shore – 40 minutes
Tuesday	Mindfulness - 10 minutes	Make a new healthy meal	Give – help a family member
Wednesday	Online Art Class – 40 minutes	Yoga – 40 minutes	Have a bath – 30 minutes
Thursday	Read – 30 minutes	Sign up for couch to 5K online group – run for 30 minutes	Plant flower seeds
Friday	Watch a Ted Talk	Take a bike ride	Listen to favourite music
Saturday			
Friday			

Personal Goals = Personal Investment

BOSS YOUR MOOD

B – Body

O – Oxygen

S – Self talk – Energy

S - Self talk - Action





Tension Exercise

Can you tell the physical difference between tension and relaxation? Are you relaxed right now?

- Clench your jaw and tense your neck for 10 seconds
- Relax slowly and concentrate on the physical differences between your body tensed and relaxed
- Repeat!

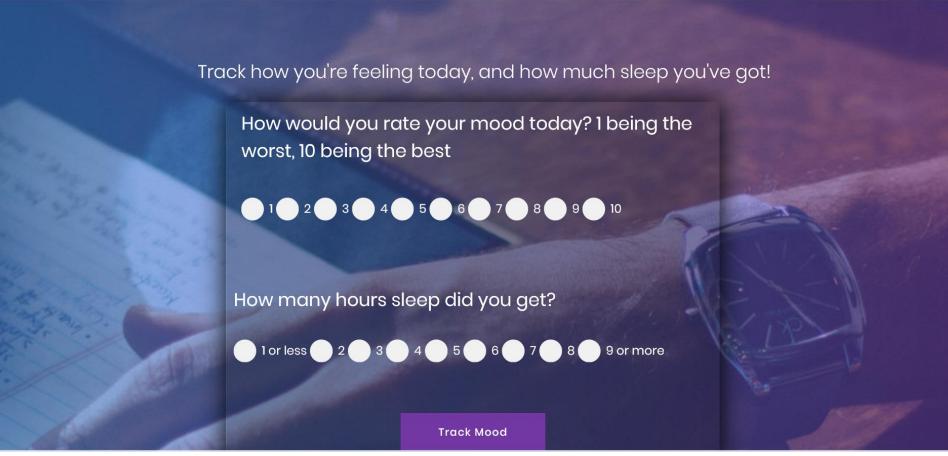


Self Care Plan – Building Resilience Become a Scientist of Your Own Emotions

Emotion – Note where is the emotion coming from?	Areas to address	Plan how



Become a Scientist of Your Own Emotions – Inspire Self Help strategies -Mood Tracker

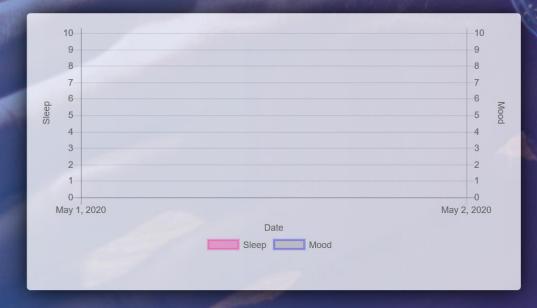


https://www.inspiresupporthub.org/students/PIN is QUB2019!



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 <u>factsheets on sleep</u> for tips on how to improve your sleep.

https://www.inspiresupporthub.org/students/

PIN is QUB2019!



Coping Planner

COPING PLANNER



Options	Positive consequences	Negative consequences





Changing Our Habits Building Resilience

- Morning MINDSET work out routine https://blog.myfitnesspal.com/watch/morning-mindset-routine-with-drmichael-gervais/
- ➤ 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



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