



**Burnley College's**

# **Mental Health and Wellbeing Guide for Students**

**(COVID-19)**

**Taking care of your mental health and wellbeing during this time is really important.**

**We want to ensure you have the best advice, guidance and support for looking after your mental and physical health.**

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# Stay Connected

Keeping in touch with friends, family and your Burnley College community is really important, especially when you are spending more time at home and seeing less people face-to-face. Consider planning in regular video-chats with friends and use group-chat with your class-mates to keep in touch.

## Student Services Wellbeing Activity

We will be running a range of wellbeing activities and classes which you can access via Google Classroom (code to join the classroom is **zwxscwq**). Or visit our Student Services **Instagram page** for more info: **burnleycollegestudentservices**.

## The Big White Wall

The Big White Wall is a fantastic way to connect with other people, receive support and journey with others walking through the same things. Big White Wall is a confidential, anonymous supportive community open 24 hours a day every day.

You can sign up for FREE using your Burnley College email address at **www.bigwhitewall.com**. Online courses you can access for free include dealing with:

- **Stress and anxiety**
- **Better sleep**
- **Busting low mood**
- **Tackling procrastination, better sleep and relaxation guides.**
- **Relaxation guides**

## Additional Wellbeing Support

If you feel you need some additional support please speak to your Personal Tutor who can refer you to our internal Minds Matter support, College Nurse or Safeguarding Team. Alternatively you can self-refer to our College Counsellor Helen by emailing **h.davis@burnley.ac.uk**.

Student Services has a list of helpful contacts for additional support: please email us at **s.services@burnley.ac.uk** for more information.

# Living Life Well in Self-isolation

## Create a Daily Routine

Try to follow your ordinary routine as much as possible. Get up at the same time as normal, follow your usual morning routines, and go to bed at your usual time. Set reminders for your lessons and tutorials on Google Classroom. Plan how you'll spend your time; it might help to write this down on paper and put it on a wall-planner.

Think about how you'll spend time by yourself at home. For example, plan activities to do on different days and schedule in time to face-time or call friends. Why not put reminders in your phone for the Student Services activity you want to join in with.

## Plan for Studying at Home

Ensure you have the correct equipment you need and access to Google Classroom (if you are concerned about this, speak to your course Tutor). Create a space for you to work comfortably and without distractions - ideally at a desk or dining-room table. Make sure you sit in a good chair with some back support. Take little breaks to stretch your legs and stay hydrated – drink water regularly and have some healthy snacks to hand. Share your work-station photos with us on social and your top-tips for studying at home!

## Take Care with News and Information

It's ok to take a break from the news and limit your screen time on social media. While there are developments to the COVID-19 situation seemingly every hour; reading comments, posts, and stories non-stop can impact negatively on our emotional wellbeing. It might be worth thinking about having some screen-free time during your day; going out for a walk in the fresh air whilst we are still able to and leaving your device at home, or limiting how much news you watch. You could also switch off automatic notifications from news apps in your phone settings.

Avoid misinformation by only following trusted information sources: Public Health England and NHS are trusted sources we would recommend for staying updated. Also, remember that social media is just a snap-shot moment into someone's life - it's not the full picture so remember not to fall into comparison. Whether you're having a good day or a hard day that's OK!

If you would rather give the online world a break for a while but need some support you can text The Wellbeing & Mental Health TEXT service by **texting HELLO to 07860 022 846**

 [Click Here for NHS information regarding COVID-19](#)

## Healthy Mind

### Having Fun, Relaxation and Taking Up New Challenges

Taking time out to have fun and relax when you are not doing College work is really important. Creating space for activities which benefit your mental health will help make your time at home easier. Did you know that laughter reduces stress, lowers blood pressure, improves heart health, boosts immunity and triggers the release of endorphins - our body's natural painkiller! They say that laughter is the best medicine - research has found that those with a more positive outlook on life tend to fight disease better than those who have a negative outlook. **So let's smile, laugh and choose a positive outlook together!**

Student Services will be providing plenty of opportunities to join in with wellbeing activities including arts and crafts, cooking demos, yoga and pilates, mindfulness to get you feeling uplifted! You might also want to think about writing a journal to chart your feelings or drawing, painting, creating or listening to music and doing things that make you smile!

## The Good Sleep Guide

A good night's sleep is vital to our physical health and emotional wellbeing. That's why the benefits of good sleep should never be underestimated and getting a proper rest on a regular basis is essential.

Some tips for sleeping well:

- **Get into a good routine:** Go to sleep and wake up at the same time as often as possible
- **Aim for 8 hours sleep:** 7-9 hours sleep is the magic number for most people
- **Avoid using digital devices at least one hour before you go to sleep:** Use the 'do not disturb' function on your phone to minimise sound and brightness
- **Create a relaxing environment in your bedroom:** Tidy away technology and distractions before you go to sleep
- **Minimise light and noise:** Keep the temperature a little low (15-19 degrees is ideal)
- **If you feel anxious at night-times, have a note-pad by the side of your bed:** To jot down any run-away thoughts which may keep you awake
- **Use relaxation or meditation techniques before going to sleep:** Soothing music and breathing exercises can help (see our list of free wellbeing apps to download!)
- **Avoid consuming caffeine too late at night:** Sensitivities to caffeine vary but avoiding caffeine from mid-afternoon can help you drift off to the land of nod!

## Recommended Apps to Download for Free

Click on the icons for your device to download the apps

### Catch It

Learn to look at problems differently, turn negative thoughts into positive ones and improve your mental health and wellbeing.



### Cove

Create music to help express complex feelings. Cove is a personal musical journal to help you with your mental health and wellbeing.



### Feeling Good

Improve your thoughts, feelings, self-esteem and self-confidence using the principles of cognitive behavioural therapy.



### Student Health App

Access more than 900 pages of reliable, regularly updated health information created for university students by NHS doctors.



### MyPossibleSelf

Pick from 10 modules to learn how to manage fear, anxiety and stress, and take control of your thoughts, feelings and behaviour.



### Stress & Anxiety Companion

Guided breathing exercises, relaxing music and games made to help calm the mind, and handle stress and anxiety on the go.



## Headspace

Making meditation simple! Through the guided sessions, learn meditation and mindfulness in just 10 minutes a day.



## SAM

Developed by a team of Psychologists, this app offers a range of self-help methods for people who are serious about managing their stress and anxiety levels.



## If You Feel Anxious or Low in Mood

1. Rethink mental illness have created a COVID-19 and mental illness hub dedicated to advice and support.

[Click Here to visit their hub](#)

2. Every Mind Matters have released information on coronavirus and mental wellbeing; including advice on staying at home and coronavirus anxiety tips.

[Click Here to visit their site](#)

3. Stem 4 (Supporting teenage mental health) share tips and resources on dealing with anxiety surrounding coronavirus and how to keep positive mental wellbeing when self-isolating.

[Click Here to visit their site](#)

# Healthy Body

## Stay Active

Remaining active when self-isolating may feel more challenging but it's time to get creative to keep yourself moving! Regular exercise has lots of health benefits - it lowers your blood pressure, helps to maintain a healthy body weight and reduces your chances of developing many life-reducing health conditions later in life. The World Health Organisation advise us to aim for 30 minutes of activity every day.

There are plenty of online exercise classes you can access for free on YouTube, why not utilise the space you have and create yourself a mini-gym or hold a dance-off with your house-hold. Make sure you follow Burnley College Student Services on Instagram for FREE Yoga and Fitness classes to join in with.

### Here are a few benefits of exercise for mental health to get you motivated:

- **Sharper memory and thinking:** Exercise stimulates the growth of new brain cells and helps prevent age-related decline. It also sharpens our mind and cognitive functions.
- **Feel happier & healthier:** Exercise releases endorphins (the chemical in our brains which boosts our mood). This can lead us to feel more motivated and promote higher self-esteem.
- **Better sleep:** Even short bursts of exercise can help regulate our sleep patterns.
- **More energy:** Increasing your heart rate several times a week will give you more energy. Start off with just a few minutes of exercise per day, and increase your workout as you feel more energized.
- **Resilience building:** When faced with mental or emotional challenges in life, exercise can help us cope in a healthy way. Regular exercise can also help boost our immune systems and reduce the impact of stress.

## Eating Well

It's important to eat a well-balanced diet, rich in vegetables and nutrients. Research suggests that what we eat may affect not just our physical health, but also our mental health and wellbeing.

Here are our tips for eating well:

- **Base your meals on high fibre starchy foods:** Think pasta, rice and potatoes! Healthier carbs are fuel for your body and its main source of energy. Carbs help with concentration, information retention and help our digestive systems function well.
- **Eat lots of fruit and veg:** Aim for at least 5 portions every day. As a rough rule – fill half your plate with vegetables, a quarter with whole-grain carbs and a quarter with lean protein or fish.
- **Protein is your new best friend:** Think eggs, meat, fish, pulses and lentils – protein builds muscle, it's good for your bones, it keeps you fuller for longer and it boosts metabolism.
- **Cut down on saturated fat and sugars:** Sweet treats and salty snacks are to be enjoyed in moderation. If you want a treat, maybe pre-decide when you are going to enjoy it, while watching a film or chilling out. Try to snack on fruit, veg, healthy carbs or protein throughout the day.
- **Keep your fluids up:** Did you know that your body is made up of 60% water and makes up around two-thirds of our body weight! We lose water a lot so replacing it is vital for our mental and physical wellbeing. Follow the 8x8 rule: aim for 8 glasses of water a day in a half-pint glass. Drinking more water can give you better skin, it helps with liver function, helps brain function, carries nutrients around our bodies, regulates our body temperature and acts as a shock absorber in our joints.
- **Have fun cooking!:** With some extra time at home now is the time to get creative in the kitchen. Maybe you want to learn to cook or practice some new recipes?

Follow our Burnley College Student Services Instagram page for recipes you can practice at home and watch our on-line covid cooking diaries videos. Why not share your culinary creations with us? Tag and share your cooking creation videos with **#covidcookingdiaries**

## Happy Hands - Healthy Body

Even though you are now at home hand-washing is STILL incredibly important! Good hand-washing is going to keep you and your family safe.... Wash your hands for 20 seconds (the length of time it takes to sing Happy Birthday twice). Hand-washing can be with a bar of soap or liquid soap and warm water.



[Click Here](#) for more on How to wash your hands in 20 seconds

Also remember when you cough or sneeze, use the inside of your elbow or a tissue and put it straight in the bin!

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## In it together!

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We just want to remind you that we are here at Burnley College to support you through these uncharted waters.... You are not alone and if you need to reach out please call us at Student Services on **01282 733551** and ask for Laura or Elle from student support.

**We look forward to connecting with you on Instagram and seeing you in our Google Classroom – please share your journey with us.**

Follow us on  
BurnleyCollegeStudentServices

