



University Counselling

Balance & Healthy Wellbeing

Online resources

Online Counselling

Smiling Mind

Apps

Search on the App Store or Google Play

MySleepButton

get help with audio and visual tasks to help develop sleep patterns

Caffeine

Track the amount and impact that caffeine has on your sleep cycle

Wisedrinking

Track how many drinks you have had and the potential impact it has on your decision making

Do you find it hard to relax? Are you exhausted, or have trouble sleeping? Do you often skip meals or eat a lot of junk food? Are you spending too much time on your uni work and missing out on social commitments? Are your friends and family complaining you never have time for them?

If this is you then you may be losing your balance. It's time to regain it and aim for a healthy wellbeing.

You may think that the more you study, the better you will do. Actually, your productivity will deteriorate if you only study and work. Everyone is more productive when they undertake a variety of activities in their life.

What supports balance and helps maintain a healthy wellbeing?

- 1 Organisation** – Have a timetable of lectures, work commitments and free time so you can plan recreational activities. Put together a weekly schedule with all your commitments, make sure you plan at least one work/study free day of each week, an hour or two each day, and 10-15 minutes each hour.
- 2 Exercise** - Movement provides your mind with rest and your body with health. Find something you enjoy that is physical and do it regularly - even if it's just a walk around the block each day.
- 3 Socialise** - We need to maintain our relationships with family and friends and enjoy social time out without feeling that we should be studying. Social life helps us focus when we do study. It is also a great reward for when we have been studying hard.
- 4 Interests and hobbies** - These are things we love to do, that renew our energy and distract us from work and study. They make us more interesting to and interested in, those around us. They also help us feel recharged when we do return to studying.
- 5 Sleep** - Sleep is critical to optimal functioning. Everyone needs time to allow the body and mind to refresh themselves. If you are having trouble sleeping get some tips from a GP or counsellor.
- 6 Nutrition** - What we eat and drink affects our overall level of stress and energy. Drink plenty of water, eat healthy, regular meals and use alcohol responsibly. Large doses of alcohol, caffeine and drugs will adversely affect the brain and put stress on the body.
- 7 Values** - We are all motivated by our values, so it is helpful to review them occasionally to remind us why we are working towards our goals. If you are struggling with a task it could be because it's not in line with your values, or perhaps you are neglecting other areas of your life and this is interfering with your ability to work effectively on the task.

It can be difficult to get the balance right, if you are struggling to figure it out why not ask for help. Visit University Counselling or visit our website.