



Wellbeing whilst studying Economics

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Aim of sessions

- ▶ What is wellbeing.
- ▶ Your own wellbeing
- ▶ Factors impacting on mental health
- ▶ Support services available.



What is wellbeing?

- ▶ Google's top images



What is wellbeing?

- ▶ More than feeling good or an absence of disease!
- ▶ Realising potential and flourishing
- ▶ Engaging and mastering meaningful activities.
- ▶ To feel belonging and relate to a community.
- ▶ To be resilient to change and cope with stress



Your wellbeing?

- 1) Think about your routine
- 2) What do you have in your routine which helps you:
 - Achieve work life balance?
 - Connect with other people?
 - Thrive?
 - Have a sense of achievement?



You?



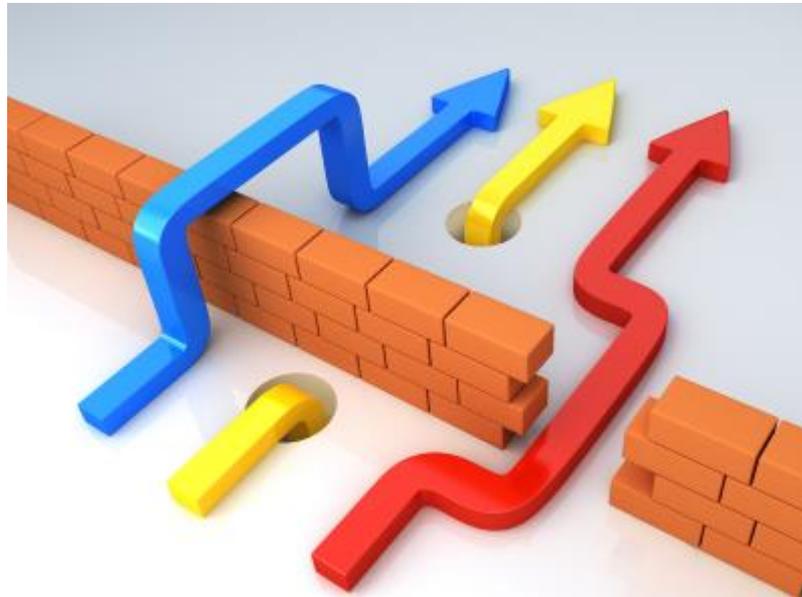
Your wellbeing?

- ▶ What in your routine is counterproductive and unhelpful?
- ▶ What are the barriers to removing the “bad habits”

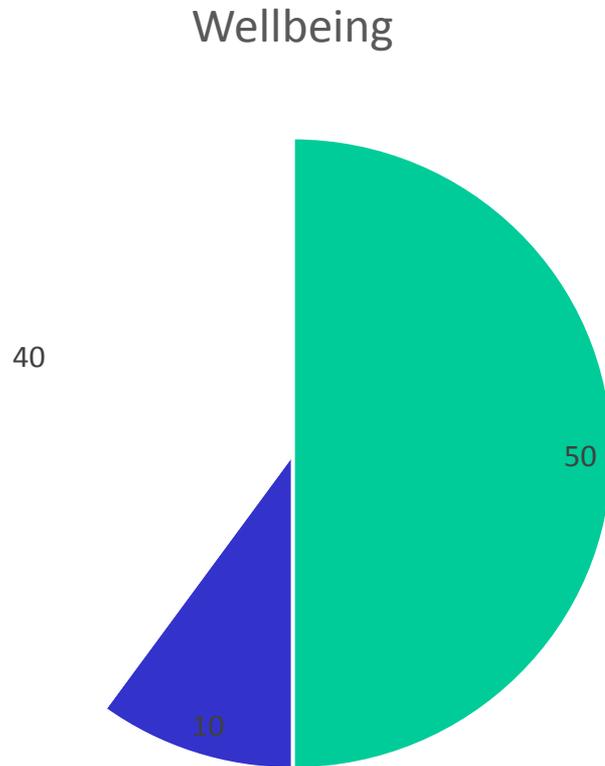


Overcoming your wellbeing barriers?

- ▶ Your strengths
- ▶ Your insight into your own stressors



Individual wellbeing



■ Set point genetics ■ Circumstances ■ Intentional Activity ■



Mental health



In The US:

The Graduate Assembly Graduate Student Happiness & Well-Being Report | 2014

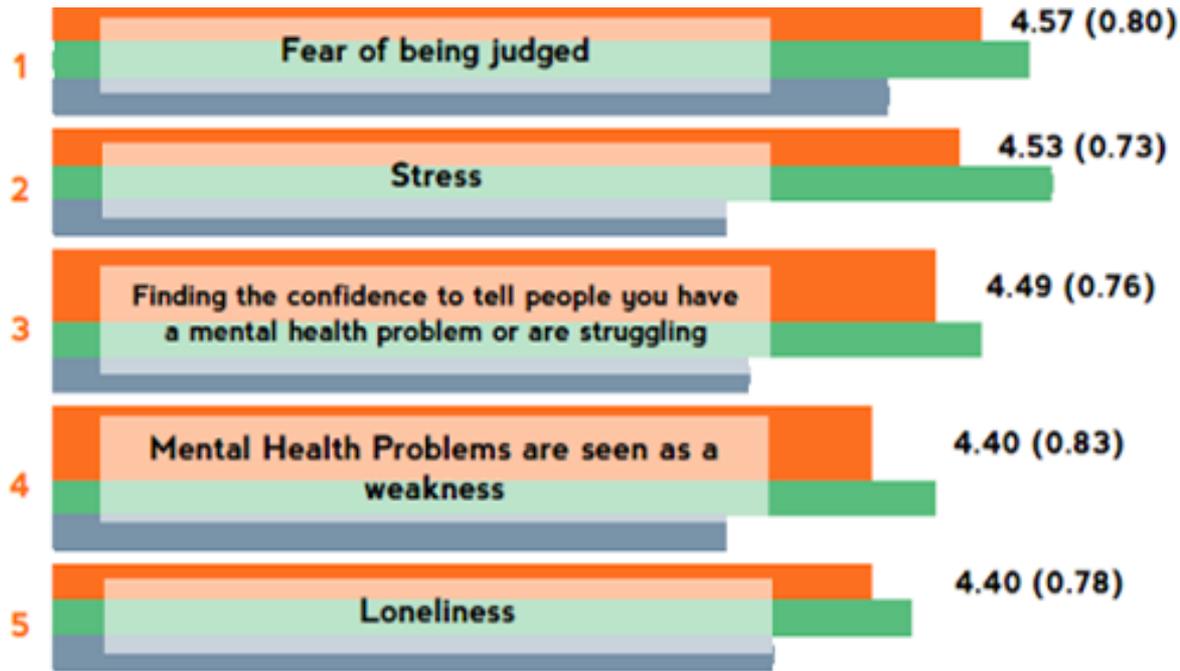
Students that score as Clinically Depression in :
37% of Master's and Professional students

Top 10 Predictors of Happiness and wellbeing / depression

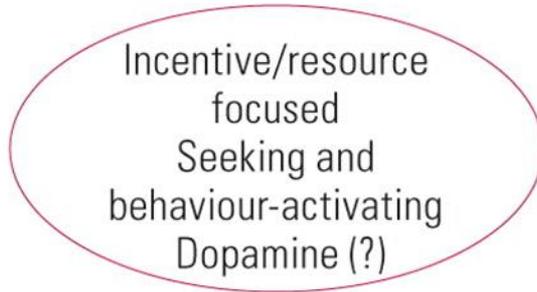
- ▶ 1. Career Prospects
- ▶ 2. Overall Health
- ▶ 3. Living Conditions
- ▶ 4. Academic Engagement
- ▶ 5. Social Support
- ▶ 6. Financial Confidence
- ▶ 7. Academic Progress & Preparation
- ▶ 8. Sleep
- ▶ 9. Feeling Valued & Included
- ▶ 10. Advisor Relationship



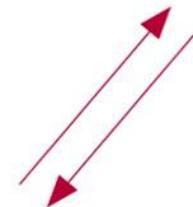
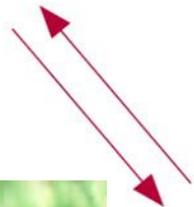
Grand Challenges to Student Mental Health



Drive, excite, vitality



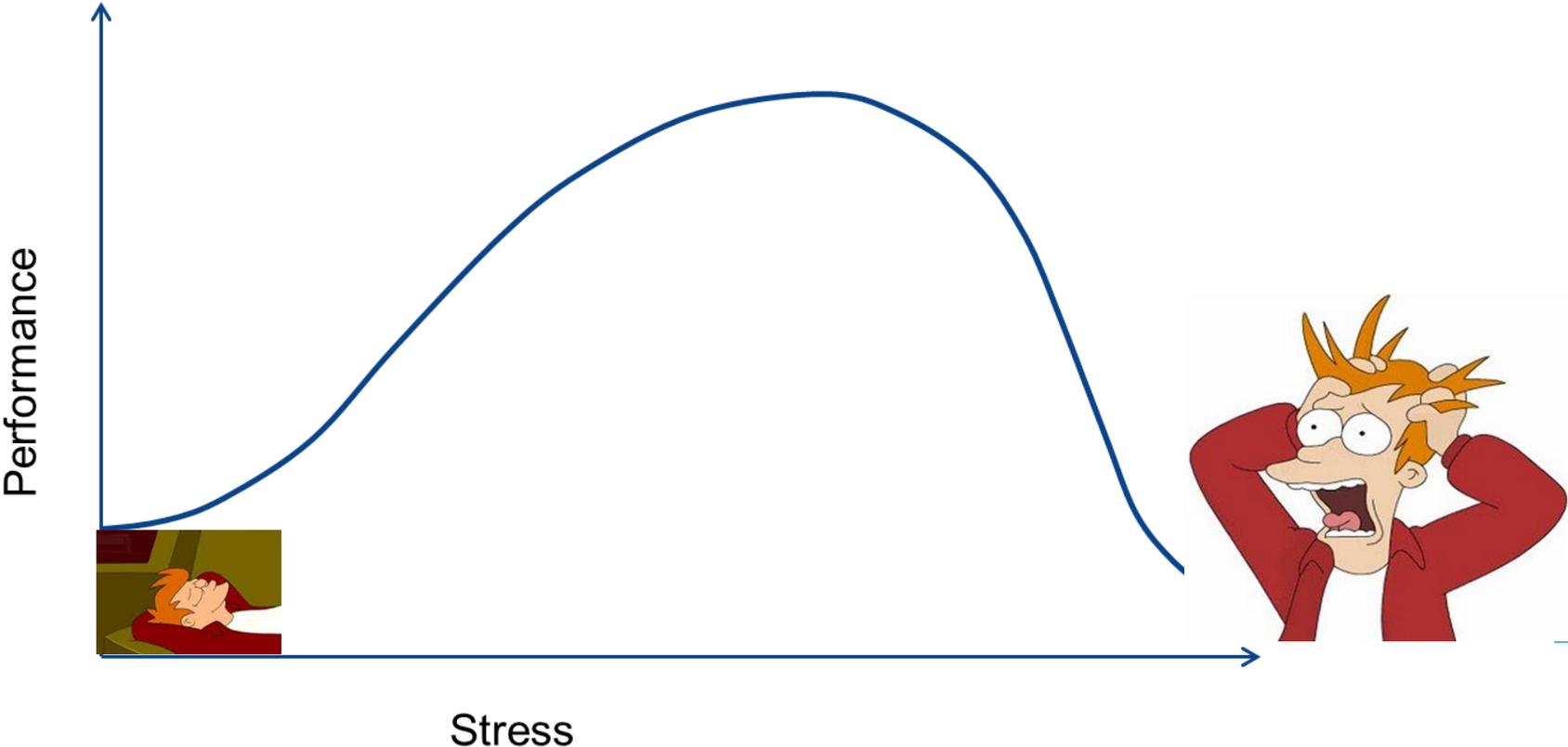
Content, safe, connect



Anger, anxiety, disgust



Performance bell-curve



5 Ways to Wellbeing





Student Stress Buster Classes

Alerting / Stimulating

Combat Lethargy [Book Online](#)

Day: *Tuesday* | Time: 11:00 - 11:45 | Instructor: *Suzanne* | Location: [FlexiGrid](#)

If you are feeling lethargic and depleted of energy, this class is for you. Join us in an non-intimidating and inclusive exercise class that is light-moderate intensity. Our aim is to improve your energy levels and lift your mood through a series of aerobic and resistance training exercises.

Weight Training / Muscle Work / Stretching

Yoga for Study Performance [Book Online](#)

Day: *Monday* | Time: 17:00 - 17:45 | Instructor: *Jude Evans* | Location: [Lib Room 2](#)

A calming yoga class, incorporating Hatha, Restorative and Yin. This class is aimed at boosting your memory and concentration, leaving you prepared to tackle assignments and exams. A beginners class but all are welcome and would benefit from the therapeutic effects of yoga.

Mind Body Movement [Book Online](#)

Day: *Wednesday* | Time: 16:00 - 16:45 | Instructor: *Selina Welter* | Location: [Lib Room 2](#)

Mind-Body movement is a form of exercise that combines body movement, mental focus, and controlled breathing to improve strength, balance, flexibility, and overall mental and physical health. This "welcome to all levels" class combines exercises derived from Pilates, Dance and Yoga to help you feel calm, balanced and focused.

Resistance to Stress [Book Online](#)

Day: *Friday* | Time: 09:00 - 09:45 | Instructor: *Helen Nutter* | Location: [Humanities Studio](#)

Did you know that resistance training has a superior effect on the reduction of worrying thoughts? This supportive and inclusive class is geared toward those completely new to resistance training. The instructor will guide you through a series of non-intimidating exercises that increase muscle, bone and tendon strength. Our aim is to have you leave the class feeling better than you did when you arrived. Dress in comfortable clothes (no need for fancy kit) with shoes that have some grip!



Mindfulness

1PM Every Wednesday

Experimental Teaching Space, Library Floor 2

Learn practical mindfulness exercises to help you feel calm and focused. No booking necessary, all welcome!



Uncertainty



- ▶ Beliefs of a perfectionist
- ▶ I've succeeded because I'm a perfectionist
- ▶ It is perfection or mistakes. Mistakes are devastating and not good enough.
- ▶ My family want me to be my best, I do not want to let them down or I am only respected, liked or loved when perfect.
- ▶ Achieving the next goal will bring happiness



Competitiveness

- ▶ Self perception and evaluations
- ▶ Uncertainty increases competitiveness
- ▶ Impact of competitiveness
- ▶ Frequent social comparison linked to:
- ▶ Negative emotions such as guilt and sadness
- ▶ Decreased job satisfaction (Langer et al 2006)



Impact of Perfectionism / Competitiveness

- ▶ Anxiety
- ▶ Procrastination
- ▶ Stress
- ▶ Guilt about having breaks
- ▶ Difficultly seeing the bigger picture, more rigid in thinking
- ▶ Overcommitting



Overcoming Perfectionism

- ▶ Identify what your perfectionistic “rules” are
- ▶ Use your reasoning skills
- ▶ Try breaking one of these rules!



Overcoming Competitiveness!



Overcoming Perfectionism

- ▶ Think of what advice you would give a friend
- ▶ Being comfortable with not being comfortable.
- ▶ Not knowing an outcome does not equate to disaster
- ▶ Be mindful
- ▶ Make SMART goals



Reasons for Isolation

- ▶ Study/ Life balance
- ▶ Having social contact but not achieving “connection”
- ▶ Low mood / anxiety
- ▶ Being away from usual support



Impact of Isolation

- ▶ Feeling like you don't belong
- ▶ “Imposter syndrome”
- ▶ Increased cortisol Stress hormone (Grant et al 2009)
- ▶ Social contact increases serotonin happy hormone production (Rogers 2012)





TALK & LISTEN,
BE THERE,
FEEL CONNECTED

Overcoming Isolation

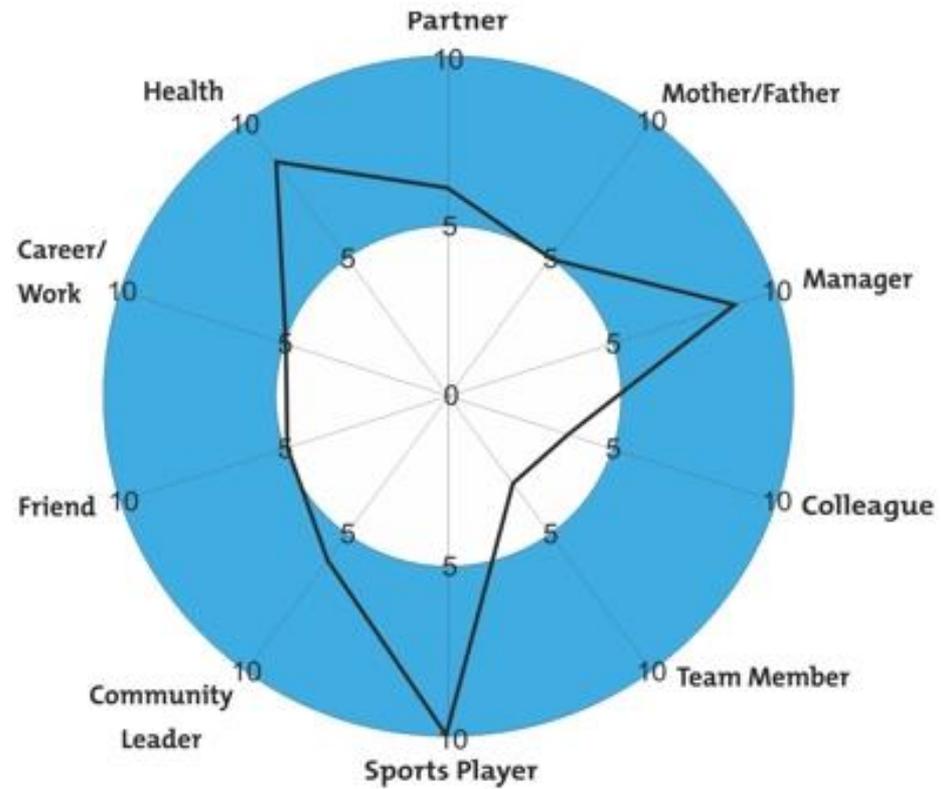
- ▶ Gratitude activities
- ▶ Giving
- ▶ Being brave and stepping out of comfort zone
- ▶ Building connections through active listening
- ▶ Looking at work life balance and prioritising
- ▶ Practicing Mindfulness



Work Life balance



Work Life balance



Time	Activity	Productivity/ leisure/self care/ rest	Confidence in ability 1-5



Other factors influencing wellbeing!

- ▶ Diet
- ▶ Sleep
- ▶ Caffeine / Alcohol



Top Tips

**KEEP
LEARNING**

**EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF**

Recognise
your situation

- Be realistic

Plan and
prepare

- Break the jobs you need to do into small manageable chunks
- Identify a way of timetabling or planning
- Make sure you include activities of daily living and “me time”

Do and
Review

- Review and adjust
- Celebrate achievement!
- Seek support when it isn't going to plan!

Maintaining Motivation

- ▶ Make one change at a time
- ▶ Try something new
- ▶ Set your own boundaries
- ▶ Look for opportunities for those small moments!
- ▶ Build a routine that has a balance of novelty and structure
- ▶ Re Activate your goals



Looking after your friends

- ▶ Ask: Are you ok!
- ▶ A – Acknowledge
- ▶ L – Listen actively
- ▶ E – Establish the facts
- ▶ R – Recap
- ▶ T – Take action
- ▶ Be aware of own boundaries and triggers.



Signposting

- ▶ What is available?
- ▶ Where to find it?



r Approach

CALM

- ✓ Focus on your own breathing, posture and thinking; a calm manner will be more helpful to someone in distress

APPROACH **A**SSERTIVELY

- ✓ Talk to the person, outlining concerns
- ✓ Ask them how they feel they are coping
- ✓ Try and find somewhere private & quiet for them to talk

LISTEN

- ✓ Bracket judgements
- ✓ Empathise

MOTIVATE

- ✓ People can and do recover from mental health difficulties

ENCOURAGE

- ✓ Access to self help and professional support

REMEMBER

- ✓ Record and review (if appropriate)
- ✓ Refer: Student Support & Statutory Services, e.g. GP
- ✓ Boundaries; personal and role limitations & confidentiality



Reduced wellbeing

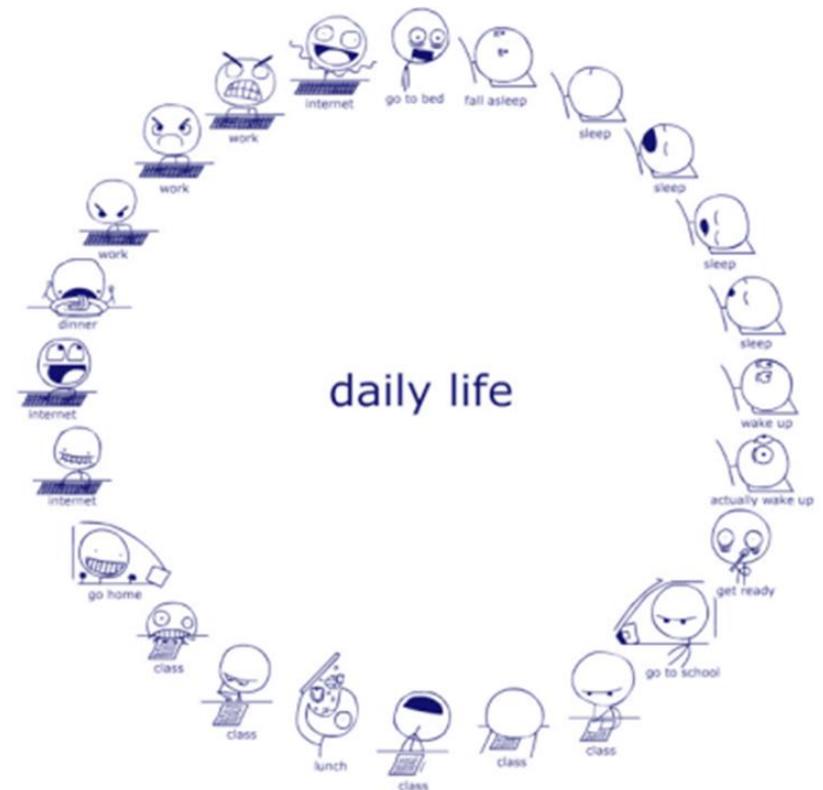
Have you noticed:

- ▶ You or someone else are repeatedly telling saying;
- ▶ “I don’t have time”, “I should ...”
“why always me?”



Changes in:

- ▶ Sleep, energy, appetite, routine, motivation.
- ▶ No longer enjoying activities that used to give pleasure.
- ▶ Finding that you are not as efficient or effective at your work or you are struggling to understand.





All efforts focused in one area at expense of other important things

Changes in

- ▶ **Behaviour**
- ▶ **Appearance**
- ▶ **Mood and Cognitions**



- ▶ **Insight into needing help**
- ▶ **Barriers to asking for help**
- ▶ **Accepting the need for help:**
- ▶ "Have I already tried to solve my problem, without success?"
- ▶ "Am I unsure of how to proceed?"
- ▶ "Am I worried about how things will turn out?"



How to ask for help

- ▶ Maintaining a positive self image
- ▶ Asking for help shows insight and reflection:
The skills required of leaders!
- ▶ <https://www.youtube.com/watch?v=dxNQebY-Qdw>



Once you have asked for help

- ▶ If you are unsure of the advice or options provided don't be afraid to clarify.
 - ▶ If you think the advice or options are not the most suitable: then express this!
 - ▶ When you have been given advice or support think about the best way to implement it for you.
 - ▶ Don't be afraid to ask for help again
- 

Support available

- ▶ Student Funding
- ▶ Global engagement
 - * Immigration Service
 - * Police Registration
 - * Banking
 - * Trips and Social events



- ▶ Chaplaincy
- ▶ Security/ Police
- ▶ Student Careers and Skills
- ▶ NHS services – Health Centre

Nurse practitioners

Sexual health clinics

Travel clinics

Immunisation facilities



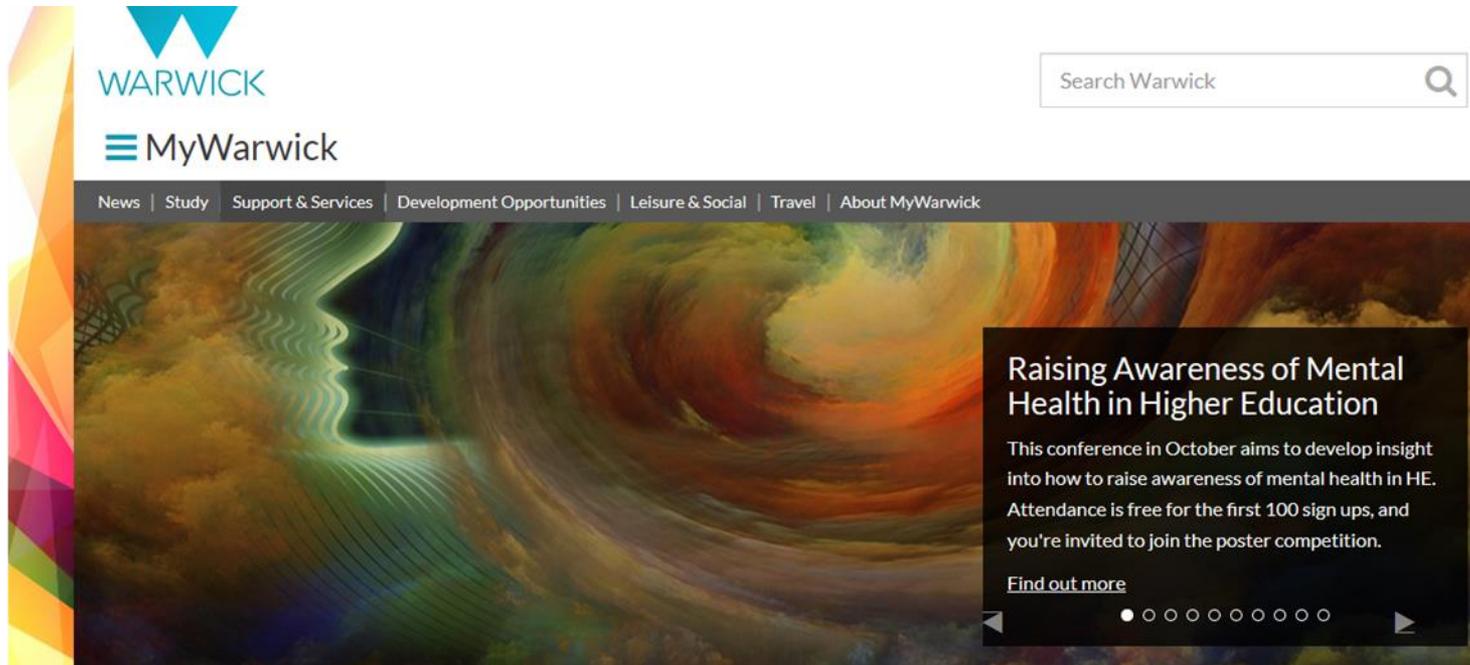
- ▶ Personal Tutor / Senior Tutor
- ▶ Dean of Students
- ▶ Residential Life Team
- ▶ Student Union



- ▶ Disability Services
- ▶ Mental Health and Wellbeing Team
- ▶ Counselling Services



Find out more?



Click on Support & services in the third tab



Click on Student Support Services

The screenshot shows a web browser window with the URL <http://www2.warwick.ac.uk/students/supportservices/>. The page header includes the MyWarwick logo and navigation links: News | Study | Support & Services | Development Opportunities | Leisure & Social | Travel | About MyWarwick. The main heading is "Support & Services".

Academic Support

For help changing course, assistance if you're struggling, guidance on disciplinary procedures, support developing skills, or anything else relating to your study, try:

- [Student Support Services](#)
- Your [Personal Tutor](#).
- The [University Senior Tutor](#).
- The [SU Advice Centre](#).
- (Exam Stress) [Managing Exam Stress](#) and [MIND](#).
- [Procrastination](#), [perfectionism](#), and [studying](#) workshops.
- [SU Academic advice](#).
- [Skills development programmes](#).

Watch: Support Services
[Support Services Brochure](#)

The Student Support Office
[View on Map](#)
024 7657 5570 | [Send Email](#)
Mon - Thu: 9am - 5pm
Fri: 9am - 4pm

SU Advice Centre
[View on Map](#)
024 7657 2824 | [Send Email](#)
Mon - Thu: 9am - 3pm
Fri: By appointment

Accommodation

If you're looking for help finding somewhere to live, have a fault to report, have problems with your landlord or housemates, or anything else relating to accommodation, try:

- [Warwick Accommodation](#) | [Facebook](#) (for University owned or managed accommodation on or off campus)

Warwick Accommodation
[View on Map](#)
024 7652 3772 | [Send Email](#)
Mon - Thu: 9am - 5pm
Fri: 9am - 4pm

Jump to:

- Academic Support
- Accommodation
- Health & Wellbeing
- Careers & Skills
- Feedback & Complaints
- Financial
- Disability & Accessibility
- Equality & Diversity
- International Support
- Chaplaincy
- Security
- Estates
- IT & Printing

Website:



WARWICK Search Warwick

Wellbeing Support Services (formerly Student Support Services)

Student Support
Visit Student Support for practical advice and help accessing other services.

Mental Health & Wellbeing
Support for students experiencing a wide range of mental health & wellbeing issues.

Dean of Students' Office
When to contact the Dean of Students and Personal Tutoring guidelines and information.

Disability Services
Support for students with disabilities, specific learning differences or long term medical conditions.

Counselling Service
The University Counselling Service offers a range of services in a therapeutic context to help process and understand difficulties.

Residential Life
Information if you're living in campus halls and need guidance and support.

Other sources of support

- Chaplaincy
- Health Centre
- International Office
- Sexual Services
- Student Funding
- Students' Union Advice Centre

Further information

- A Student's Guide to Coventry
- Travel safely abroad information card
- Events at Warwick
- Present at Warwick
- Information for parents & guardians
- Contact Wellbeing Support Services
- Wellbeing Support Services on Twitter

Unsure where to go?
View some examples of common problems.

Emergency information
If you require out-of-hours emergency support, please contact the Security Gatehouse on 024 7612 2222 or internal extension 22222.

<http://www2.warwick.ac.uk/services/supportservices>

University Mental Health Day 2017

- ▶ 2nd of March 2017
- ▶ Theme: Mental Health & Activity (Sport)
- ▶ Open up conversations on the link between mental and physical wellbeing
- ▶ Address barriers to participation in sports/ discuss support around over-exercising
- ▶ Involve both **students and staff**: organising activities, collaboration, an opportunity for discussion.



See www.umhan.com/university_mental_health_day or sign up to our newsletter for more information - guides to running events coming soon!

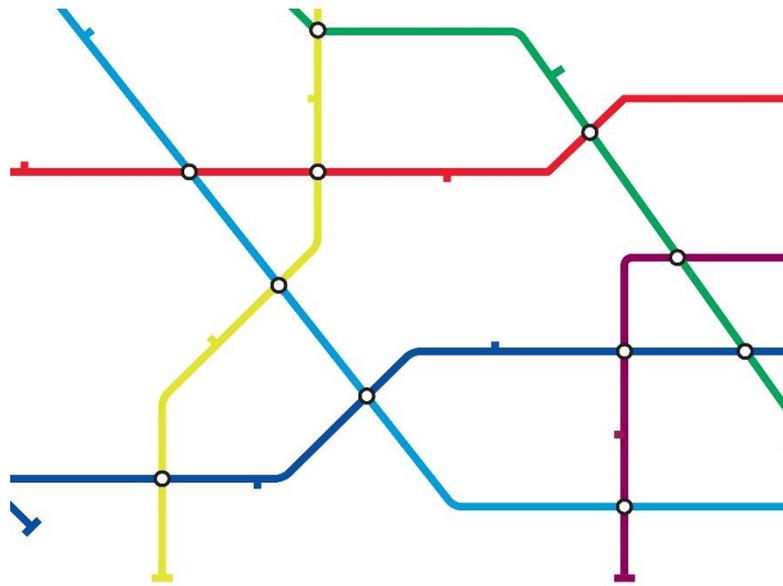
Postgrad Realities



- A collaboration between Warwick Wellbeing Support Services and PG Community Engagement (Library)
- Open-up the conversation surrounding student work-life balance and wellbeing
- Equip you with a set of tools and mechanisms to manage your PG journey and make the most of your experience at Warwick.

warwick.ac.uk/pghub/postgradrealities

PG Hub Collaboration



On Track
for postgrads



Ted Talks worth watching



- ▶ Eleanor Longden: The Voices in My Head
- ▶ Tim Urban: Inside the mind of a master procrastinator
- ▶ Martin Antony: When perfect isn't good enough
- ▶ [Adam Grant: The surprising habits of original thinkers](#)
- ▶ Andy Puddicombe: All it takes is 10 mindful minutes



Websites:

- ▶ Action for happiness
- ▶ Wellbeing 5
- ▶ Centre for greater good
- ▶ CCI
- ▶ NTW



References

- ▶ [Ann Behav Med](#). 2009 Feb;37(1):29-37. doi: 10.1007/s12160-009-9081-z. Epub 2009 Feb 5.
- ▶ White, J., Langer, E., Yuriv, L., & Welch, J. (2006). *Frequent social comparisons and destructive emotions and behaviors: The dark side of social comparisons*. *Journal of Adult Development*

- ▶ **Social isolation and stress-related cardiovascular, lipid, and cortisol responses.**
- ▶ [Grant N¹](#), [Hamer M](#), [Steptoe A](#).
- ▶ Csikszentmihalyi, Mihaly (1990). *Flow: The Psychology of Optimal Experience*. New York, NY: Harper and Row.
- ▶ Rogers RD (2011). The roles of dopamine and serotonin in decision making: evidence from pharmacological experiments in humans. *Neuropsychopharmacology : official publication of the American College of Neuropsychopharmacology*, 36 (1), 114-32 PMID: [20881944](#)



Twitter: @WarwickSupport



The image shows a screenshot of the Twitter profile for @WarwickSupport. The profile picture is a lighthouse on a cliff at sunset. The header banner features a field of yellow tulips. The profile name is "Student support" with the handle @warwickSupport. The bio states: "Warwick students get the support and info you need. See the webpages for confidential support." The location is "University House" and the website is "warwick.ac.uk/supportservices". The account was joined in September 2014. The statistics show 302 tweets, 497 following, 356 followers, and 43 likes. The "Tweets" tab is selected, showing two tweets. The first tweet, dated August 30, is about an accessible cycling course and includes a four-panel cartoon. The second tweet, also dated August 30, is about a Sunday activity and includes a small image of a sign.

Student support
@warwickSupport

Warwick students get the support and info you need. See the webpages for confidential support.

University House
warwick.ac.uk/supportservices
Joined September 2014

TWEETS 302 FOLLOWING 497 FOLLOWERS 356 LIKES 43

Tweets Tweets & replies Media

Student support @warwickSupport · Aug 30
Just come across this accessible cycling course. Some of those bikes look so much fun covsf.com/adults-activ...
Warwick Sport



The cartoon is divided into four panels. Panel 1: A sign reads "INCLUSIVE CYCLING CLUB". A person in a wheelchair is on a bicycle. Panel 2: A sign reads "BEACH". A person in a wheelchair is on a bicycle. Panel 3: A person in a wheelchair is on a bicycle, with the word "ZOOM!" written next to them. Panel 4: A sign reads "OFFICES". A person in a wheelchair is on a bicycle.

Student support @warwickSupport · Aug 30
What a nice way to spend a Sunday!

Warwick Volunteers @WarwickVol
This Sunday 4th Sept. join @FoundryWood in Leamington for their Volunteer Day! More info: bit.ly/2c7a2uZ