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To: [Singh, Dalvinder](#)
Cc: [Hiorns, Sara](#); [postgraduate.law, Resource](#)
Subject: Wellbeing - Office Hours
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Dear Students,

I hope you are keeping well. Term 3 can feel daunting with your focus on the dissertation. There are a number of services across the university that can assist and offer support.

If you are feeling overwhelmed, it's important to recognise that feeling stressed or overloaded is normal at times. Break some of those daunting tasks down into smaller, manageable chunks and prioritise them based on deadlines and importance. There are loads of tools like planners and digital calendars which can help you to allocate designated times for different tasks. Practice effective [time management](#) techniques, such as the Pomodoro Technique, to maintain focus and productivity whilst avoiding burnout.

Please do not hesitate to seek support from your department or from Wellbeing and Student Support if you are feeling overwhelmed – there is guidance and resources which can help you to navigate these challenges.

Remember to take breaks, practice self-care, and celebrate your progress along the way.

Have a look on our [website](#) for details, find out what's going on and read some student blogs full of ideas of how other students are looking after themselves.

All students can access the [Student Health and Wellbeing Service](#) for support. Check out our website to see what services we offer and to explore our [self-help resources](#). Brief consultations are typically the starting point for support. They are available Monday through Friday from 10 a.m. to 3 p.m. You can speak with a Health & Wellbeing Practitioner face-to-face in Senate House or online via Teams. To get started, use the [Wellbeing Portal](#) to begin a brief consultation or to submit an inquiry directly to the [Disability Services team](#).

For out-of-hours or emergency support, please see these [Emergency & Support Contacts](#).

What's On in Wellbeing

Here's a look at what's happening this week and in the coming weeks. All term-time events are ongoing unless otherwise noted.

Weekly Sessions

- **Student Anxiety Peer Support Group:** Mondays, 4-5 PM in the Library.
- **ADHD Peer Support Group:** Tuesdays, 4-5 PM at Senate House.
- **Preparing for Exam and Assessment Stress: Peer Support Session** Wednesdays, 4-5 PM in the Library
- **Gardening Club:** Wednesdays, 2-4 PM at the allotment, in collaboration with the Student Allotment Society.
- **Exploring Mindfulness:** Thursdays, 4-5 PM in the Library

My Office Hours:

Monday 10.30am -- 11.30am online via Teams; and Wednesday 9.30am -- 10.30am.
Please email for an appointment outside those hours.

Best wishes,

Dal

Dalvinder Singh

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