

5 TIPS TO IMPROVE YOUR WELLBEING

IN COLLABORATION WITH PREVIOUS WARWICK STUDENT, ISLA STROYAN



*It's that time of year where exams are imminent and dissertations loom. The third term can get stressful and isolating when you're working independently. **But there are plenty of ways to unwind and look after yourself...***

"Self-care" was a phrase that until recently, I didn't like. It screamed self-indulgence and thinking of yourself before anyone else.

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But, last term, I took the module Feminist Pedagogy/Feminist Activism and on the reading list was Sara Ahmed's "Selfcare as Warfare". Sara's blog refers to Audre Lorde's belief that self-care is about self-preservation: making sure we look after ourselves enough to exist in the world whilst saving our strength for when we need it the most.

For lots of us, no amount of bath bombs or avocado on toast is going to make us feel better, but if we find something to do that

improves our well-being, then that might go some way.

Hobbies

Over the past few months, I've really got into pom-pom making. I wanted to spruce up the house but on a student budget of course! I got inspiration from Pinterest, and adapted the images to something I thought I'd be able to achieve - I'm really pleased with how it turned out!



Crafting is a fab way to switch off from readings and essays, and I feel great that I'm being productive with my spare time, even if I do make them whilst watching the TV! You could even sell on whatever you make as a way to top up your student loan, although

I can't yet part with this one...

Reading is another hobby that can be picked up easily and done on the go. You can read on the commute to uni or dedicate time in your schedule to rest in the [Breathing Space](#) in the Library with a good book.

The Breathing Space is a relaxing area on Floor 1 which holds some of the [Library's Leisure Reading Collection](#). There are plenty of comfy chairs to make you feel at home!

Having a regular routine before bed and going to sleep at the same time each night can have a big impact on your sleep

Eating Well

It's so important to eat well, particularly in times of stress when you need some extra energy. If you wanted to do your bit in

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helping the environment, and maybe even feeling a bit better as a result, you could switch out a meat meal for a veggie or vegan one. The 'Eatwise Test Kitchen' in University House opened in 2024 and they handmake 'fresh and affordable food and drink'.



There's also the Food Market, held every other Wednesday 10am - 4pm during term-time on the piazza, there are lots of stalls with a variety of different cuisines. For vegan and vegetarian options, check out 'spud' the Loaded Baked Potatoes van on the Piazza.

The Sports and Wellness Hub

Have you been to the sports centre yet? If you haven't, put it at the top of your list! I went for the first time last week and can't even begin to describe how amazing it is!



The climbing wall looks like SO much fun. I'm severely lacking in the arm strength department and would probably give myself a 3-out-of-10 when it comes to heights - so you might well find me wailing from approximately two metres off the ground, but I'll be there!

I've got myself a swimming pass; there are always lanes available for free swim no matter what time you go, so you can fit in a session to suit you.

It's really important to keep on top of your wellbeing and check in with yourself...

There is so much on offer for students, staff and the public from squash and tennis courts to swim, sauna and steam rooms, you're sure to be able to find something you like. They also offer memberships with no joining fee!

If you don't want to commit straight away, you can always pay as you go: the staff there are really welcoming and are on hand to answer any questions you may have.

Or if you're on campus, Warwick Sport has a list of walks/runs in the area, all different lengths and routes to suit you.

... knowing when you need to take a break is vital this time of year

Warwick Sport also have [Rock up & Play](#) sessions where students and staff can sign up for a *free* session such as swimming, badminton, football, trampolining and more.

Sleeping Well

Now, I may not be the best person to advise on this...I have always struggled with sleeping. Some days I drift off straight away whilst others are a real nightmare (pun intended).



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There are a few things that I've found that can help - Regulate temperature by flipping your pillow when you wake up in the night and sleep on the cooler side. Experiment with different materials and thickness of bedsheets that can provide the right temperature, comfort and pressure for you.

Do a Mindfulness exercise or meditation before bed. These can help you to relax your body, regulate breathing and calm your mind before sleep. There are many apps that can help with this and the [Mindful Library](#) online Moodle course also offers guided mindfulness audios. However, if that doesn't work for you, podcasts, audio books or even brown noise can be helpful for some people.



Having a regular routine before bed and going to sleep at the same time each night can have a big impact on your sleep and how energised you feel the next day!

And, lastly, try not to do university work sat in bed. Make sure you have designated work and rest areas so that your brain knows in which environment it needs to be alert or relaxed.

It's really important to keep on top of your wellbeing and check in with yourself - knowing when you need to take a break is vital this time of year as exams and dissertations are on the way.



Remember to check out what's on this term in the Library - they have focused study sessions, quiet reading sessions and more, and they often have free refreshments too!

Don't forget to check out the [Study Happy](#) website for more tips on how to improve your wellbeing!