

HOW TO BRING MINDFULNESS INTO TERM TIME

IN COLLABORATION WITH PREVIOUS WARWICK STUDENT, TANYA



The library has so many unique ways to help you feel more like yourself and balance your time. Here are some of the great ways you can use the library to create a more mindful experience as life gets busy.

Wellbeing has become very integrated in our everyday lives. From trying to get the best work-life balance to spending time focusing on yourself, it is very important to try and keep this balance up when deadlines hit.

Especially during a stress-filled time, taking that one hour to truly relax can make a world of a difference to your wellbeing.

To help with this balancing act, our Library has so many lovely opportunities for you to take time out and focus on yourself.



Whether this is understanding how to be more productive with your time, managing your tasks or getting away from

distractions, there are endless possibilities to help you focus on your needs.

Helpful Software and Sessions

[EndNote](#) is a software that organises references, and automatically formats citations, reference lists and bibliographies. The Library offers training sessions where you can learn to use this software to make referencing easier. EndNote can make such a difference when writing your essays and save you so much time!

For postgraduate students, weekly [PG Tips](#) sessions gives you an opportunity meet new people and to ask Library staff and Library Student Partners questions outside of your department and supervisor on all aspects of postgraduate life. The sessions are themed on things like how to balance your study time and social life, dealing with home sickness. You can pick up some great tips and tricks to help you

through your degree or just take a break from work and chat to the friendly staff!



One of the most difficult transitions for me from an undergraduate to postgraduate degree was coping with the increase in everyday tasks that had to be done. It has been a trial-and-error process working out how best to organise and plan my time. I tried out different apps from the [Productivity Tools](#) page and have finally settled on OneNote and Microsoft To Do - yay!

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I would recommend that you experiment with different software and techniques to find what works for you.

The Library also have [Write Here Write Now](#) sessions where you can plan out your day/week/essay - whatever you need! They have free journals that you can decorate with stickers and creative materials. You can then use your new journal to get all of your thoughts and 'To-Do's' down to clear your head. Then, using the Pomodoro Technique, you can get started on any work you need to do now that you have a clearer mind that's ready to focus.

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Mindful Library

Mindfulness practice is such an important part of our schedules, it can help to ground us in moments of stress and help us be more present in the moment.

The Library has an online Moodle module called [Mindful Library](#) which can

be accessed 24/7 and contains information about what Mindfulness is and also offers guided practices by Dr Dean Howes. The techniques range from 90 seconds to 26 minutes so that you can find one that's right for you in different moments. For me, I use the 90 second techniques to help ground myself, to stay calm and refocus before heading into an exam or an interview.



Studying in the Library

As well as these library-led solutions, the library itself can be a great place to truly focus on your work in a peaceful environment.

When trying to get to grips with complicated readings, I often find the fourth floor of the library is a great place to sit and focus. In fact, a 2013 study found that two hours of silence can improve your learning, memory, and emotions.

As someone who struggles when distracted (especially when working on statistics or maths), having a space where everyone else is

focused and in silence really helped me copy the behaviour and understand what I was working on.

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Mindful Study Environments

Even though it can seem very daunting to try and create a mindful environment before working, it can be so beneficial to your productivity and for the quality of your work.

The Library's [Sensory Refresh](#) sessions can be a great start to finding the best study environment for you.



Everyone is different and Sensory Refresh encourages you to explore your sensory profile and

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discover what works best for you in different circumstances. You could prefer studying in silence or with lo-fi music in the background, or you could prefer studying with bright lighting or natural daylight.

Creating your perfect study environment is so important to allow you to have a perfect balance of focus and stimulation without strain so you can implement healthy study practices.

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Taking Breaks

By taking the time to do fun activities like a creative chillout or yoga session, you might find that this hour away from your desk has made you work more efficiently or to a higher standard. Especially during a stress-filled time, taking that one hour to truly relax can make a world of a difference to your wellbeing. Not only that, but some of the activities can also be integrated into your future jobs as well as into your work-life balance!

There are always things happening on campus so check out [Warwick Presents](#) website to see what's on.



As always, if you do feel that your work is truly getting on top of you, it is definitely worth speaking to someone in your department or a member of the Wellbeing team to understand how best to cope with the transition into undergraduate or postgraduate life.