

STUDYING HAPPY AND STAYING MINDFUL: OUR TOP TEN TIPS

IN COLLABORATION WITH PREVIOUS WARWICK STUDENT, ELLIE KING, AND DR DEAN HOWES



Here at The Library, we're keen on mindfulness and staying healthy during study, especially during Term 3. **Ellie and Dr Howes have noted down some top tips for mindfulness.**

One: Stick with what you know

If approaching any part of the University experience for the first time is new and unnerving, maintaining some constant is great. Continue doing something that you've enjoyed before, as it's a natural source of mindfulness.

Commit to whatever it is that helps your mental health...

Two: Try something new

University is a great place to try new things, stress, and judgement free. Within the Library, you can try a [Write Here Write Now](#) session to see if the Pomodoro technique works for you, or pop along to our [Reading Space](#) event to relax in the evening with a book and good company. Outside of the Library, there are so many activities around campus for you to enjoy, from sports clubs, exercise classes, pub quizzes and even food tasting events.

It's a great way to meet new people and will help you take that well-earned down time after a hard day of studying.

Three: Notice your surroundings

Warwick campus is a really beautiful place, and there are so many hidden woods and nature areas. Try and slow down a little and notice what is around you. Explore the campus, try working in a new building, visit some nature once in a while.



Four: Get Organised

Staying organised is easiest when you start organised. Buy that planner, colour code your timetable, write down your due dates and exam dates. Work out what and when you can study. The more we are organised outside of us, the more

organised we will feel on the inside.

Five: Find your calm place

University can be full on, so find a place that's peaceful for you and develop a habit of going there when you need some calm. This may be an outside spot, your bedroom, your favourite café. Associating it with feeling calm and mindful will help you get through those tough times.

Warwick campus is a really beautiful place...

Six: Plan to Slow Down

It's easy for your schedule to get filled up very quickly, and it can be tempting to keep working to stay on top of things. It's so important to build in some time to slow down and balance out all that hard work, even if it's just half an hour.

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Seven: Practice Wellbeing Techniques

Practice wellbeing techniques during less busy times. It's a bit like training for a marathon, you want to start early and in more neutral situations and then build up gradually. This will bring strength to tackle challenges later on.

Eight: De-stress in the Day

You might be inclined to practice your mindfulness at the end of the day. However, it's important to destress during the day. Don't leave it until the evening as it may affect your sleep or ability to relax later on.

...find a place that's peaceful for you.

Nine: Sleep Well

Sleep is important, so look after it. Try to find a healthy sleep-wake rhythm that allows you to do what you want and feel well throughout the day.

Ten: Self-care

We all handle our self-care in different ways. Commit to whatever it is that helps your mental health, whether that be reading a

book, having regular coffee and cake with friends, or going for a nice walk. Try building a routine early on and develop those habits early.



If you're keen to get involved with mindfulness, why not check out our [Mindful Library Online Course](#), which has a lot of information, tips and tricks for you! Similarly, if you are struggling with things, it's really important that you talk to someone. The [University's Wellbeing Support Services](#) are always on hand to offer the support you need, in whichever way you need it.