1. Where are you on the stress curve?

2. What are the signs that your stress levels are getting too high?

3. What is filling your stress bucket? What are your outlets?

<table>
<thead>
<tr>
<th>Demands</th>
<th>Outlets</th>
</tr>
</thead>
</table>
4. Can you apply the cycle of anxiety to a situation that has made you feel anxious?
5. What strategies for managing anxiety are you going to try?

6. Are there any situations that you avoid out of anxiety?
   1. How might you gradually increase your exposure to them?

7. What is your wellbeing goal for this week?
   
   What is going to change?
   
   What will you need to do? When?
   
   What will you need to achieve this?
1. **Is your Wellbeing impacting your productivity?** Take a few moments to consider how you are feeling and how this is affecting your productivity. Are you tired? Are you eating less/more? Are you getting outside?

2. **How can you build your self efficacy?** Consider what has been discussed - what do others/your confident self say about you? What have you done previously that has gone well? Who could you learn from?

3. **When do you need to challenge your thinking?**

4. **How much balance do you have?** How much time do you spend on each area?
5. **Prioritising** - Here is an example of the matrix we discuss which you can use to plot your own tasks.

![Prioritisation Matrix]

- **1** Things you need to plan. Start them now!
- **2** Quick and Easy tasks. Low effort, Big reward.
- **3** Jobs you have been putting off, stuff that has to be done.
- **4** Things to do last – the non-important stuff!

I. Things you need to start

II. Quick and Easy Tasks

III. Jobs you have been putting off
IV. Things to do last

6. Useful Techniques - Could you use any of these?

7. Who is your support network?

8. What strategies for productivity are you going to try?
9. What is your wellbeing goal for this week?

What is going to change?

What will you need to do? When?

What will you need to achieve this?
Boost Your Mood Session

1. What are your aims from this session?
   What positive changes have you made this week?

2. What are the signs that your mood is dropping?

3. Complete the cycle with your own examples which keeps low mood going?
4. What strategies for boosting your mood are you going to try?

Physically: behaviours

Cognitively: thoughts

Feelings: emotions

5. What is your wellbeing goal for this week?

What is going to change?

What will you need to do? When

What will you need to achieve this?

**SMART GOALS:**
- **S** pecific
- **M** easurable
- **A** chievable
- **R** ealistic
- **T** ime bound
Sleep and Relaxation Session

1. What are your aims from this session? What positive changes have you made this week?

2. What is your sleep like currently?
   - What are the challenges you face?
   - What changes would you like to see?

3. What changes can you make in the following areas?
   - Health?
   - Setting?
   - Lifestyle?
   - Routine?
   - Thoughts?
4. Which strategies can you use to help manage negative thoughts?
When will you use them?
- Sleep Promoting Thought Challenging
- Worry Management
- Distractions

<table>
<thead>
<tr>
<th>Self-defeating thoughts</th>
<th>Sleep Promoting thought challenge</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unrealistic expectation: I should be able to sleep every night, everyone else does</td>
<td>Lots of people struggle to sleep from time to time. I will be able to sleep with a few changes and some practice</td>
</tr>
<tr>
<td>Exaggeration: It’s the same every single night, another night of misery</td>
<td>Not every night is the same. Some nights I do sleep better than others</td>
</tr>
<tr>
<td>Catastrophising: If I don’t get some sleep, I will fail my presentation and never get my degree</td>
<td>I can get through the presentation even if I’m tired. I can still rest and relax tonight, even if I cannot sleep</td>
</tr>
<tr>
<td>Hopelessness: I’m never going to be able to sleep well. I’m that sort of person, it’s out of my control</td>
<td>Insomnia and other sleep issues can be cured. If I control my worries and focus on positive solutions, I can beat it</td>
</tr>
<tr>
<td>Fortune telling: It’s going to take me hours to get to sleep tonight, I just know it</td>
<td>I don’t know what will happen tonight. Maybe I will get to sleep quicker if I use the strategies I’ve learnt</td>
</tr>
</tbody>
</table>

- Worry Diary
- Worry Time
5. Relaxation has many benefits both physically and academically
   Make a note of which ones are important to you

6. What activities do you like doing to relax?
   What new activities could you try?

7. What can you do to prioritise relaxation?
   When will you relax?

8. Make a note of the opportunities and support available at Warwick which you will try.
9. **What is your wellbeing goal for this week?**

What is going to change?

What will you need to do? When?

What will you need to achieve this?
Managing change and uncertainty session

1. What are your aims from this session? What positive changes have you made this week?

2. Take a moment to think about changes, uncertainties or transitions you are experiencing in your life at the moment, what are they?

3. How are you feeling about the changes you are experiencing? What is it about the change you are finding particularly impactful?
4. Can you recognize when you are struggling?  
What feelings and emotions come up?

5. What strategies might work for you?  
How are you going to implement these strategies?

6. What is your wellbeing goal for this week?

What is going to change?

What will you need to do? When?

What will you need to achieve this?