



# STUDYING & SELF-CARE DURING LOCKDOWN



# FOR A HEALTHIER YOU

During this challenging time, when we are struggling to remain calm and optimistic and, for many of us, enduring being separated from those we love, it is more important than ever to look after our mental health. Here are some tips to help you live your life as fully as possible and to enable you to balance study, work, family and fun!

## A routine

Making a plan for each day may seem like a chore, but it will help to establish some order for your day and it will be satisfying at the end of each day to tick off what you've accomplished.

## A fresh start to the day

It's so easy to just stay in your pyjamas for the day - you're not going anywhere or seeing anyone, but starting the day with a shower and some clean clothes will make you feel good and get you going - even if it just to your computer!

## Plan your study time

Write a timetable of what you need to do and when you are going to do it.

Build in break times and make sure you stop at least one hour before you go to bed.

## Exercise

If you can, go outside for a walk or a run, or even a stroll around the garden. You will be breathing in fresh air, getting some Vitamin D and waking up your body, especially being seated at your computer for long periods. If you want a daily workout, there are innumerable videos on YouTube so you can dance, do yoga or Pilates or whatever takes your fancy. You will sleep better too!

## Eat healthily. Drink water.

It's oh so easy when we're stuck at home to reach for a biscuit, a packet of crisps or a bar of chocolate as a quick fix and we might find that an early evening alcoholic drink quickly becomes a late afternoon pick-me-up. It may help to plan meals in advance, focus on eating lots of fruit and veg and just allow yourself an occasional treat.

## Socialise

With friends and family via Zoom, Skype or FaceTime. You can have virtual lunches, dinners or just chats. These will improve your mood, get you smiling and make you feel less isolated.

## Be creative

You don't have to write a novel or compose a symphony (unless you really want to), but you could do something simple with speedy results, for example, grow fruit and veg from seeds, knit a blanket to keep you or a friend warm when the cold winter weather returns or sing with one of the online choirs that have been set up during lockdown. It doesn't have to be complicated - just fun!

## Practice mindfulness

Mindfulness is a technique you can learn which involves making a special effort to notice what's happening in the present moment (in your mind, body and surroundings) - without judging anything. It has roots in Buddhism and meditation, but you don't have to be spiritual, or have any particular beliefs to try it.

It aims to help you:

- Become more self-aware
- Feel calmer and less stressed
- Feel more able to choose how to respond to your thoughts and feelings
- Cope with difficult or unhelpful thoughts and be kinder towards yourself

There are mindfulness videos on YouTube or you can contact me for further information or support during this challenging time:

**heather.page@qa.com**



# NEED SOMEONE TO TALK TO?

Contact the Welfare team on:

Phone: 020 7656 8420

Email: [qahe.welfare@qa.com](mailto:qahe.welfare@qa.com)

Degree Apprenticeships:

[welfare.DA@qa.com](mailto:welfare.DA@qa.com)

For any additional learning support  
needs:

[qahe.learningsupport@qa.com](mailto:qahe.learningsupport@qa.com)

