Hi all,

This week is wellbeing week and you may have already seen articles popping up over social media, the news and even on Unifrog! The focus is on giving ourselves enough time to do the things that make us happy. This isn't always possible at the moment due to government recommendations and restrictions but I am sure there are plenty of things we can do to give ourselves a break, relax and recharge.

I have been making use of my hour of exercise by running (ok mostly walking) a different route near home each day, it helps me to clear my head and I have found lots of new places in the process. I have also tried home yoga on youtube and have been keeping in touch with friends on FaceTime. What have you found helpful in your spare time?

This week I wanted to share a resource from Unifrog as well as a video on sleeping better. One of the best things to do for your wellbeing is to look at your routine and try to keep it as close to 'normal' as possible. I have spoken to a number of students this week and last who said that they have found it helpful to keep to their college timetable as much as they can, so that they have clear work time, separating their own time away from their college work. The attached wellbeing calendar/ timetable may help you with that. Look also at where you work and if possible, keep your work space and sleep space separate.

Getting a good sleep can be difficult without a good routine so look at how many hours you are getting and when. It is good for our physical and mental health to get around 8/9 hours, going to sleep and waking up at similar times each day. Easier said than done? It is harder if we are out of our usual routine or if we are finding it harder to switch off. Have a look at the following video to see if these top tips help.<https://www.youtube.com/watch?v=FulTaDhEtDY>

I also read Matthew Walker's book 'Why We Sleep' a while ago, which was really interesting if you want to know more about the subject.

Welcome to those of you who are new to the group, you can catch up on previous e-mails at [www.bsfc.ac.uk/mentalhealth](http://www.bsfc.ac.uk/mentalhealth)

Jen

