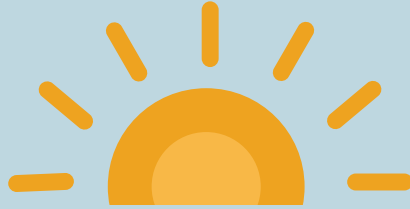




UNSW Student Life



# WELLNESS

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# YOUR WELLNESS COMES FIRST

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Life as a student can be super hectic and it's easy to become overwhelmed, exhausted and burnt out. Remember that before good grades, your wellness comes first.

Use this guide to help you take care of your body and your mind. Keep an eye out all year 'round for online panels, Stress Less Week activities, Tea & Talk and Random Acts of Kindness from the Wellness Warriors.

**Head online for more resources, stories and tips.**

📷 ArcwellnessUNSW  
[arc.unsw.edu.au/wellness](https://arc.unsw.edu.au/wellness)



## Volunteer

Are you keen to volunteer alongside Arc Wellness to destigmatise student mental health struggles? Volunteer with our famous Wellness Warriors to make change or join the Wellness Walking Group to lead fellow students on fun, refreshing weekly walks.

[arc.unsw.edu.au/volunteer](https://arc.unsw.edu.au/volunteer)

MENTAL  
HEALTH  
*is just as  
important as*  
PHYSICAL  
HEALTH

# 5 WAYS TO LOOK AFTER YOUR MENTAL HEALTH

## 1. Surround yourself with people who accept you

Your people are out there. Take notice if certain relationships in your life frequently make you feel self-conscious, disrespected or isolated and treasure the ones that make you feel loved!

## 2. Take a digital detox

Spending too much time online can have a negative effect on your mood, especially if you're comparing yourself to others. Take a break from the online chatter and enjoy some time IRL.

## 3. Prioritise self-care

You can't pour from an empty cup. Make time regularly for relaxation, enjoyment and a break from productivity.

## 4. Set healthy boundaries

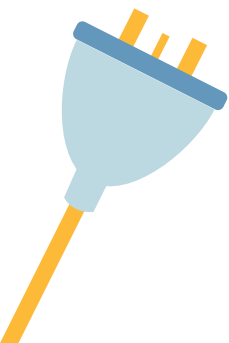
Whether it's work, study or relationships, back yourself and set boundaries when behaviour or workload crosses the line.

## 5. Find the support you need

Mental health is just as important as physical health. If you're struggling, reach out and find the support you need. It's there for you.

Find further mental health resources, contacts and emergency numbers on page 22.

**Call Lifeline for 24/7 support | 13 11 14**



# BREATHE

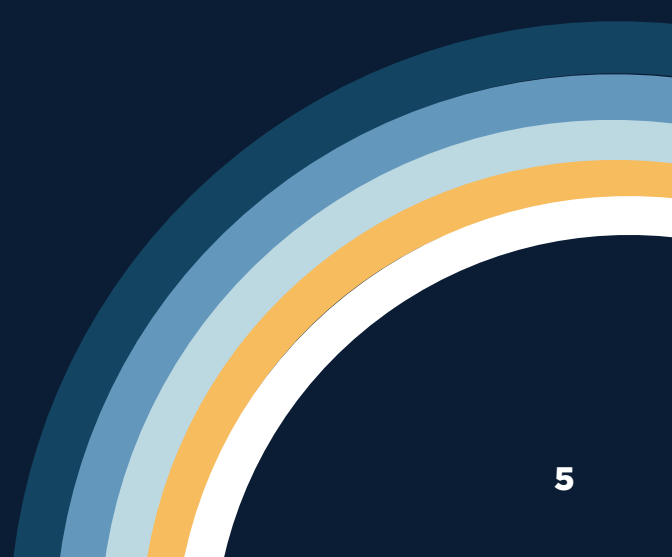
When you are in the grip of a reaction, you may notice your breathing is shallow or rapid, your throat becomes tight, your face may feel hot and your chest may start to tighten. Deep breathing helps to release this tension.

## Try the 4-7-8 breathing exercise

You can do this exercise standing, sitting or lying down.

1. Put one hand on your belly and the other on your chest.
2. Take a deep, slow breath from your nose into your belly, and silently count to 4 as you breathe in.
3. Hold your breath, and silently count from 1 to 7.
4. Breathe out as you silently count from 1 to 8. Try to release all of the air from your lungs by the time you count to 8.
5. Repeat 3 to 7 times or until you feel calm.

Breathing consciously is an effective way to reduce stress, anxiety and negative thought patterns and enhances your ability to focus.



# GOALS

Can you do it? Yes you can! Use the following pages to avoid procrastination, make a plan and smash those goals.

## Goal Setting Tips

- Write it down
- Display your goals where you can see them every day
- Determine WHY you want to achieve these goals
- Tell people about it
- Visualise success — believe in yourself!
- Don't be afraid to fail — it's the first step towards success
- Avoid comparison! Focus on yourself and your goals
- Be kind to yourself
- Use the SMART template to create a strategy

**S** Specific

**M** Measurable

**A** Attainable

**R** Relevant

**T** Time-bound

## GOAL

Date to be  
achieved

Why I want to  
achieve this goal

What is holding  
me back?  
What obstacles  
will I face?

How am I going  
to accomplish  
this goal?

My Reward

Completed ☐





GOAL

---

Date to be  
achieved

---

Why I want to  
achieve this goal

---

---

---

What is holding  
me back?  
What obstacles  
will I face?

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How am I going  
to accomplish  
this goal?

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My Reward

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Completed ☐

GOAL

---

Date to be  
achieved

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Why I want to  
achieve this goal

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What is holding  
me back?  
What obstacles  
will I face?

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How am I going  
to accomplish  
this goal?

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My Reward

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Completed ☐

# SELF-CARE PLAN

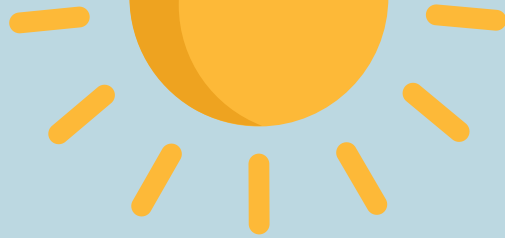
Self-care is all about making time to hit pause and prioritise your physical and mental wellbeing with rest, enjoyment and whatever makes you feel happy and refreshed.

Check out Self-Care Bingo on the opposite page for inspiration and plan your daily routine below.

MON	
TUE	
WED	
THU	
FRI	
SAT	
SUN	

# SELF-CARE BINGO





# SELF-REFLECTION

The most important relationship is the one you have with yourself. When dealing with stress, dissatisfaction or low self-esteem, it's easy to lose sight of why you're feeling down. Ask yourself the tough questions, get to know yourself a little better and reassess your wellbeing needs.

## 1. What are your five-year goals?

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## 2. What are your core strengths?

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## 3. How do you handle anger and frustration?

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## 4. What challenges have you overcome in your life?

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## 5. Do you make time for joy in your life?

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## 6. What is something you'd love to learn?

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# GRATITUDE

Taking time to feel gratitude every day can improve your health and happiness. Even during tough times, it can help to recognise small moments of joy, from your morning coffee to getting lunch with a friend.

## Today I am most grateful for:

1. 

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2. 

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3. 

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## Share the love

It feels great to receive recognition. Brighten up someone's day by letting them know how grateful you are to have them in your life. It will brighten up your day too!

## Someone I am grateful for:

### What did they do?

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## How will you let them know?

- Write a letter
- Send a text
- Call them
- Tell them in person

## What nice thing can I do for them?

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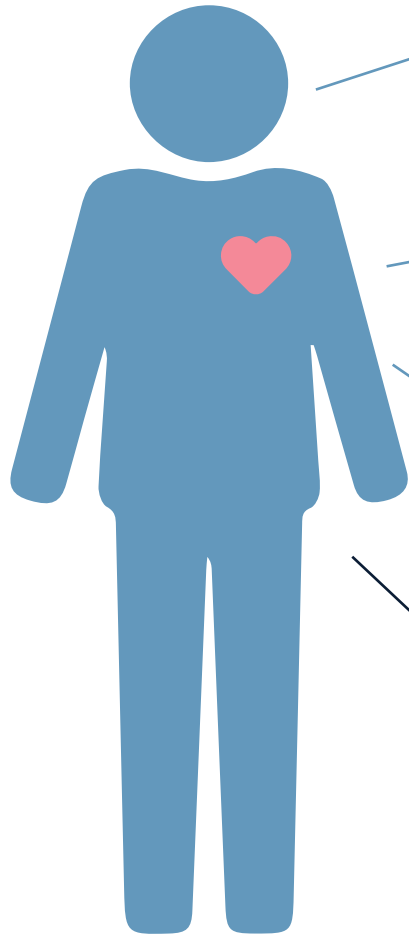
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# WHAT STRESS LOOKS LIKE



## Cognitive symptoms

- Racing thoughts
- Constant worrying
- Inability to concentrate
- Difficulty making decisions
- Negative bias
- Memory problems

## Emotional symptoms

- General unhappiness
- Moodiness
- Feeling overwhelmed
- Agitation or irritability
- Loneliness
- Easily angered

## Physical symptoms

- Muscle tension
- Nausea
- Aches and pains
- Rapid heart rate
- Shaking and headaches
- Dizziness
- Frequent colds and flus

## Other behaviours

- Eating more or less
- Sleeping more or less
- Neglecting responsibilities
- Nervous habits
- Using alcohol or drugs to relax

Stress is a physical response to the demands in our lives. While stress can be manageable, prolonged stress can become unhealthy and overwhelming. If you start to feel overwhelmed by stress and this persists for more than 2 weeks, reach out for help. Find resources on [page 22](#) and get in touch to talk to someone or find support.

# MONEY MATTERS

Stressed about saving money? Use this handy dandy money hack to focus on saving a certain amount each week and by the end of the year you'll have \$1000! Simply choose a box each week, transfer it into your savings account and cross it off the grid.

I am saving for: \_\_\_\_\_

\$1	\$5	\$5	\$7	\$7	\$8	\$8
\$9	\$9	\$9	\$10	\$10	\$10	\$10
\$10	\$11	\$11	\$15	\$15	\$15	\$15
\$15	\$15	\$15	\$15	\$20	\$20	\$20
\$20	\$20	\$20	\$20	\$20	\$25	\$25
\$25	\$25	\$25	\$25	\$25	\$25	\$30
\$30	\$30	\$30	\$35	\$35	\$45	\$45
\$50	\$50	= \$1000!!!				





# ACCEPTING CHANGE

Change can be uncomfortable, and university is full of change. Although it can feel like a sacrifice to give up the comfort of where you are now, change can lead to amazing things. If you're struggling with life changes, here are a couple of ways you can deal with the transition.

## Acceptance

- Make peace with the things you can't control and focus on the changes you can make in your life.

## Let go of perfection

- Keep reminding yourself that your feelings are valid. Allow yourself to feel the discomfort and when you can, let go.

## Avoid comparison

- We all deal with things in different ways. There's no right or wrong way to deal with big changes — remind yourself that you're doing your best.

## Break it down

- Change can be overwhelming, so break it down into more manageable chunks and focus on how to make each situation easier and happier.

## Seek Support

- If you're feeling low or overwhelmed, reach out for support. Find resources on [page 22](#).



# 5 HEALTHY WAYS TO COPE WITH FAILURE

## Take a moment for yourself

- This won't be the end of your journey, but it still hurts. Allow yourself some time to acknowledge your feelings and let them out before you move on.

## Reframe your thoughts

- Whether you've failed once or 1000 times, you are not a failure. Take this experience as a lesson and keep moving forward.

## Journaling

- Writing down your thoughts helps to organise them and allows you to think more clearly about what happened and why it happened. Be honest with yourself about the ways that you could have changed the outcome and the circumstances that you couldn't control.

[arc.unsw.edu.au/help](http://arc.unsw.edu.au/help)

## Talk it out

- Express your emotions, verbalise your feelings and get ideas from others on how to tackle it next time.

## Try and try again

- Failure is the first step towards success. You've discovered one path that doesn't work, go at it again with a new or amended strategy.



# MOVE YOUR BODY

You don't have to be an athlete or gym fanatic to feel the benefits of exercise! Give your body a break from study with a quick stretch using the yoga poses below.



## Warrior

- Step your right foot forward. Keep your feet parallel and toes pointing towards the top of the mat and bend your right leg into a lunge.
- Squeeze your shoulder blades together and lift your chin to gaze at your hands. Hold your pose then repeat on your left side.



## Downward Facing Dog

- Begin on your hands and knees. Align your wrists directly under your shoulders and your knees directly under your hips.
- Stretch your elbows and relax your upper back.
- Spread your fingers wide and distribute your weight evenly across your hands.
- Exhale as you tuck your toes and lift your knees off the floor and gently begin to straighten your legs, bringing your body into the Downward Facing Dog position.
- Hold for up to 100 breaths. Exhale and gently move back to your hands and knees.



## Crescent Lunge

- Begin in Downward Facing Dog and step your right foot forward between your hands.
- Bend your front knee to 90 degrees, aligning your knee directly over the heel of your front foot and keeping your feet hip-width apart.
- Lift the heel of your back foot and draw it forward so it aligns directly over your back toes.
- Straighten your back leg completely.
- Inhale as you raise your torso to an upright position and bring your arms up overhead. Gently tilt your head and gaze up at your hands.
- Hold for up to one minute. Release your hands, lower them back to the mat and step back into Downward Facing Dog. Repeat on your left side.



## Forward Bend

- Begin standing with your hands on your hips.
- Exhale as you bend forward at the hips, lengthening your torso.
- Let your head hang down and press your heels into the floor without locking your knees.
- Hold the pose for up to one minute. Repeat 5-10 times.

Looking for more quick ways to incorporate exercise into your day?

Tag along on chill morning walking sessions with the One Step Walking Group.

[arc.unsw.edu.au/wellness](https://arc.unsw.edu.au/wellness)

# 5 STEPS TO CHECK ON YOUR FRIEND

When you see a friend struggling, it can be difficult to know how to go about helping them. Try these 5 steps to check in on your friends and show them that you care. Remember, you don't need to fix anything, just let them know that you're there.

## 1 Prepare

- Before you check in on a mate, make sure that you're in a sound headspace.
- Consider if you can give as much time as is needed.
- Prepare how you will respond if your friend shares that they are not okay.
- Make sure you approach the topic in a safe and private space.

## 2 Ask "R U OK?"

- Four simple letters can make a huge difference!
- Mention specific things you've noticed that are out of the ordinary. Try these openers:

"I've noticed that you haven't been to class in a couple of weeks, I just wanted to check... is everything ok?"

"I don't know about you, but this week has been pretty stressful for me. How are you coping?"

## 3 Listen without judgement

- Don't interrupt or rush the conversation, listen to everything they have to say.
- Embrace the awkward pause to give them a chance to keep talking.
- Avoid dismissing anything and encourage them to give validity to what they're feeling.

## 4 Encourage action

- Ask about what has made them feel better in similar solutions.
- Encourage them to make time for effective coping solutions in the upcoming week.
- Remind them that you are not a expert and that professional help is always available.

## 5 Check-In

- After a reasonable amount of time has passed, make a time to check in again over text, phone call or in person.
- Put the reminder in your diary straight away so you don't forget.
- Ask them whether the steps taken so far have been helpful.
- If they haven't taken any steps or it hasn't helped, go back to Step 3.

### Note:

If they have been feeling down for two weeks or more, or if their mood is significantly impacting their work, uni or social life, then encourage them to contact a health professional.

Find contacts and resources on [page 22](#).



# HELP

It's ok to not be ok. Everyone can benefit from expert help.  
Find the support you need now.

## Arc Legal & Advocacy

Providing advice, advocacy and emergency support for students on a range of issues.

Arc Reception, LVL 2 Basser College  
Kensington Campus

T: 9385 7700  
E: [advice@arc.unsw.edu.au](mailto:advice@arc.unsw.edu.au)

## UNSW Security

UNSW Security provide assistance in circumstances where you feel unsafe or need to report an on-campus crime.

Gate 2, Kensington Campus.

T: 9385 6666 (Emergency)  
T: 9385 6000 (Non-Emergency)  
E: [security.services@unsw.edu.au](mailto:security.services@unsw.edu.au)

## UNSW Equitable Learning Services

Providing support for students with a disability or difficult personal circumstances.

Ground Floor Goodsell Building  
Kensington Campus  
Opposite the Central Lecture Block (CLB)

T: 02 8374 9201  
E: [els@unsw.edu.au](mailto:els@unsw.edu.au)  
Office Hours: 9AM-4PM, MON-FRI

## UNSW Health Service

Providing medical services and advice.

Ground Floor, East Quadrangle Building  
Kensington Campus

T: 9385 5425  
E: [unihealth@unsw.edu.au](mailto:unihealth@unsw.edu.au)  
Office Hours: 8AM-5PM, MON-THU,  
8AM-5PM FRI

## Psychology and Wellness

Free and confidential counselling and psychological services to all students.

### Kensington

Level 2, East Wing, Quadrangle Building

T: 9385 5418  
E: [counselling@unsw.edu.au](mailto:counselling@unsw.edu.au)  
Office Hours: 9AM-5PM, MON-FRI

### UNSW Paddington

G Block G106. Cnr Green Road  
& Oxford Street

T: 9385 5418  
E: [counselling@unsw.edu.au](mailto:counselling@unsw.edu.au)  
Office Hours: 9AM-4PM, MON-FRI

## Food Hub

If you're facing food insecurity, Food Hub is here for you. Sign up to receive free Food Hub Hampers, Dinner Hub meals or stop by our 24/7 Food Cupboard at any time.

## Online Help

### Headspace

Support with mental health,  
drug and alcohol issues  
[headspace.org.au](http://headspace.org.au)

### Beyond Blue

Support with anxiety, depression  
and suicide prevention  
[beyondblue.org.au](http://beyondblue.org.au)

### Q Life

Support for the LGBTQIA+ community  
[qlife.org.au](http://qlife.org.au)

## Help in Crisis

### Lifeline

24/7 crisis support for people  
struggling with suicidal thoughts  
or struggling to stay safe  
13 11 14

### Suicide Call Back Service

Free remote counselling for suicide  
prevention and mental health  
1300 659 467

### Kids Help Line

Counselling for young people  
5-25 years old  
1800 55 1800

## MensLine

Free remote support, referrals and  
counselling services for men  
1300 78 99 78

## 1800 RESPECT

24/7 counselling support for people  
affected by domestic violence and abuse  
1800 737 732

[arc.unsw.edu.au/wellness](http://arc.unsw.edu.au/wellness)

