

**Sheffield  
Hallam  
University**

# Ten things you can do *to look after yourself*



## 1. Be active

Exercise is essential for good health. It produces chemicals in the body called endorphins, which make you feel good. The Students' Union run over **30 sports clubs** – and if sport isn't your thing, there are plenty of fitness classes and just-for-fun social sport sessions run by **Sheffield Hallam Active** and the **Students' Union clubs and societies**.

## 2. Eat well

A good diet is vital to good health, helping you cope with the demands of life. For more on how your diet can affect your wellbeing have a look at **Mind Guide to Food and Mood** at **mind.org.uk** and **Diet and Mental Health** at **mentalhealth.org.uk**

Check out the tips on **healthy eating** on the Hallam Union website **hallamunion.org** and if you want to explore how what you feel is affected by what you drink and eat, try keeping a **food and mood diary**.

## 3. Connect with others

Keep in touch with friends, and develop mutually supportive relationships with people you can trust. Don't limit yourself to people on the same course or in the same accommodation. At Sheffield Hallam there are lots of ways to meet a wider circle of friends, including **Hallam Volunteering** and **clubs and societies** at the Students' Union.

## 4. Find your passion

Find out what you're good at, what you enjoy, what's really important to you in life – and do it. We all have hidden talents and your time at University is the perfect opportunity to try new things. The **Students' Union clubs and societies** and **Hallam Volunteering** both provide avenues for doing this.

## 5. Connect with nature

Many people find being in touch with nature relaxing and energising. It might be through going for walks, gardening or working with animals. For more on this have a look at **Ecominds** at **mind.org.uk**

In Sheffield we're lucky to be a short bus ride from the Peak District – Britain's first national park, and an outstanding area of natural beauty. The Students' Union **Fell Walking and Mountaineering Club** makes regular trips there. You can also look at the **environment** sections of **Hallam Volunteering** to find more opportunities to get in touch with nature.

**Aim to get a balance of work and play, activity and relaxation, time alone and time with others. Be sure to allow adequate time for leisure and looking after yourself.**

## **6. Learn how to relax**

Relaxing isn't something most people can do to order, especially when feeling stressed, but relaxation is a skill that can be developed with practice. If you learn how to relax when you're not stressed, you'll find you can do so more easily when you are.

The **relaxation podcasts** at **mentalhealth.org.uk** are designed to help you develop your ability to relax.

Meditation, **mindfulness** training, yoga, Pilates and tai chi are all excellent ways to achieve relaxation of body and mind. We run **meditation sessions** every Wednesday lunchtime during term time in the Multifaiith Centre and fortnightly at Collegiate. The Student Wellbeing Service also runs **mindfulness workshops**.

For information about yoga, Pilates and tai chi sessions in Sheffield have a look at **sheffieldhelpyourself.org.uk**

## **7. Manage your time**

This will help you feel more in control of your life. Aim to get a balance of work and play, activity and relaxation, time alone and time with others. Be sure to allow adequate time for leisure and looking after yourself. If you're feeling overwhelmed, have a look at the **Making Good Use of Your Time guide**.

## **8. Be moderate in your consumption of alcohol and other recreational drugs**

When you feel stressed, it can be tempting to 'self-medicate', which may work in the very short term but will only lead to increased stress in the longer term. **downyourdrink.org.uk** is designed to help people drink safely and improve their general health and wellbeing.

## 9. Care for your spiritual side

While culture and beliefs can play a part, spirituality is not tied to any particular religious belief or tradition. It refers to that sense of connection that you have with the universe and your place in the world.

Spiritual practices are many and varied, and may include

- times of meditation and prayer
- enjoying nature
- the reading of scripture
- being creative in painting, sculpture, gardening, etc
- listening to sacred music
- yoga
- tai chi and similar disciplined practices.

Attending to your spirituality can help you to feel connected and in touch with the world in which you live. For more on this see the guide to [Spirituality and Mental Health](#) at [rcpsych.ac.uk](http://rcpsych.ac.uk)

## 10. Recognise when you're not well and get help

Being healthy means recognising when you're not well and doing the things that will help you recover. If you're not well or are finding things difficult, contact [Student Wellbeing](#), your GP or one of the help and support services listed on [shuspace](#).

## Student Wellbeing

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