

# A STEP BY STEP GUIDE TO IMPROVE YOUR MENTAL WELL BEING

Step by step guide to improve your mental wellbeing as a student  
Whatever your age, race, gender, many of you reading this will have experienced struggles with maintaining a good mental health. Reports have shown that these struggles are heightened whilst studying at university, with [1 in 4](#) students experiencing mental health issues. Whether it is due to financial strain, a build up of academic pressure or loneliness, there are many ways in which you yourself can improve your mental health as a student.

## What is mental wellbeing?

[Mental wellbeing](#) describes your mental state – how you are feeling and how well you can cope with day-to-day life. Our mental wellbeing is dynamic. It can change from moment to moment, day to day, month to month or year to year.

Encountering stress, depression and anxiety during the course of university isn't unusual. Meaning a student's mental health should be of the utmost importance to the university. Nottingham Trent University offer an Online Support service – [SilverCloud](#), for students feeling anxious, stressed or struggling with body image or eating. For urgent support, contact [NHS Urgent Care](#) Centre or call 999.

Meet Jimmy Chipolata...



Courtesy of Beyond Pink World

Nottingham Trent University's registered therapy dog is available to help cheer you up if you are feeling stressed.

"Since [Jimmy](#) has been here, I've seen people come forward who normally wouldn't come and talk, such as lesser-engaged and shyer students. Lots of our staff and students' wellbeing can improve just by stroking Jimmy..."

## Tips for maintaining mental wellbeing:

- University life is fast-paced and new. Take some time out of everyday to be by yourself and relax.
- Meditate! Meditation has been proven to help with mental struggles, especially with young people. Download an app e.g. Calm or Simple Habit and try it for a few minutes a day.
- Get some fresh air. Nottingham is full of green spaces, go for a walk around the Arboretum or Wollaton Park and lose your stress in nature.
- Write down your stresses, let it all out! This is a brilliant strategy for those who do not want/feel like they can not speak to others about this.