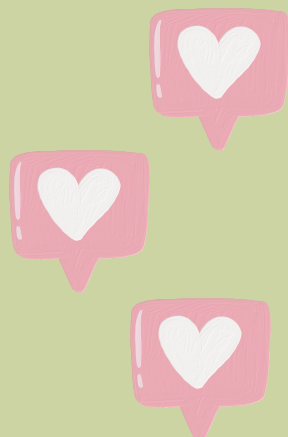


5 WAYS TO SUPPORT YOUR MENTAL WELLBEING



Notes from the Counselling team
@KGV

1. Smell the Flowers

Switch off the WiFi and take a walk. Exposure to nature has been linked to a host of benefits, including improved attention, lower stress, better mood, reduced risk of psychiatric disorders and even upticks in empathy and cooperation.

2. Relax & Create

Even just for 15 minutes - Creativity increases positive emotions, lessens depressive symptoms, reduces stress, decreases anxiety, and even improves immune system functioning. Cooking, art, knitting, singing, the list is endless



3. Embrace a growth mindset

Acquire new skills and appreciate the ones you already have. Learn a new skill, learning new skills with friends makes it more enjoyable.



4. Chat in Real Life

Take your text messages and chat offline and into real world and real conversations. Turn phones off!



5. Treat Yourself

Give yourself a fun treat after working hard. Unplug your wifi, go offline, grab a coffee or see a show!



Reach out for support when you feel overwhelmed. Remember seeking help is a sign of strength, not a sign of weakness