

WHEN "I" IS REPLACED WITH "we" illness BECOMES wellness



making new CONNECTIONS

HOW OFTEN DO WE SAY "Hey!" TO THE PERSON SITTING NEXT TO US?



GET SOME HELPFUL ADVICE ON HOW TO BUILD NEW RELATIONSHIPS.

MEET NEW PEOPLE

Be yourself

When we first meet people, it feels quite natural to portray an ideal version of ourselves. This is often called our image. Often we attach our image to labels like 'I'm an (insert degree here) student', or 'I work as a (insert job title)'.

We all naturally seek social connections and crave relationships. Feeling as though we are connected to others helps us function better —we become more resilient, feel happier, and feel as though we belong somewhere.

To build stronger connections with people we meet, we have to move past just showing our image, and show our true selves, or 'authentic' self. By showing our authentic self, we become "real" and easier to connect with, as people can relate to you.

Managing STUDENT LIFE

Student life can sometimes feel a bit overwhelming. When you are just keeping your head above water, it's easy to forget the things you need to do to succeed. One of the ways to make sure you reach your full potential is to pay attention to your needs, and make looking after yourself a priority.

LOOKING AFTER YOUR MIND AND BODY

When the pressure comes on, it's easy to stop doing things you enjoy because they feel less important.

In fact, doing these things when pressured is very important - they stimulate the mind and create energy, which helps you rejuvenate and feel fresh when learning.

Helpful tips for making POSITIVE CHANGES:

- Set achievable, realistic goals - write them down so you can regularly reflect on and reassess them.
- Celebrate successes (no matter how small) - it will inspire you to keep on going.
- Be kind to yourself - we all stumble along the way.
- Seek support and guidance and ask for help along the way.

WANT TO TALK TO SOMEONE?

Make an appointment with OCP (Call 0800 377 990) or check out the LLS or SANITI services available - (not available over Christmas)

TAKING CARE OF YOUR MIND AND BODY HELPS YOU LEARN

FUELING YOUR

mind & body



FOR LEARNING

You are your best asset for learning. What are you doing to take care of yourself, to support your learning?

A sense of accomplishment in your uni work is great for your wellbeing, however, not when it comes at the expense of other aspects of your health. Prioritising your health and wellbeing - especially during times of pressure - not only supports your learning, but you'll have a more enjoyable time at uni.

Some simple strategies to support your mind, body and learning:

- Take regular study breaks
- Eat a balanced breakfast
- Prioritise your sleep
- Have a consistent bedtime
- Be mindful of relying on sugar or caffeine for energy
- Find exercise you enjoy, and keep doing it
- Connect with friends and whānau

DO SOMETHING YOU ENJOY (IT WILL ENERGISE YOU!)

Student WELLBEING Guide

How will you choose to respond to what happens today?

Sometimes, our biggest source of pressure comes from what we tell ourselves.

FIND OUT HOW TO HANDLE DAILY PRESSURES, BUILD RESILIENCE AT TIMES OF STRESS AND KEEP POSITIVE.

HANDLING DAILY PRESSURES

Get tips on how you can tackle daily pressures and access practical strategies to improve your wellbeing.

be kind to yourself

GETTING IN THE FLOW

See how you can improve your academic skills and avoid burnout.

THRIVING under PRESSURE

TRY A NEW PERSONAL MANTRA TODAY:

- If I don't know, I'll figure it out
- I'm excited about where I am headed
- I'm strong, I'm safe and I accept myself as I am
- I'm more capable than I think

building your resilience

Keeping positive

Talking to yourself positively can help you keep in a good head space. Find out how thinking style can assist you in times of pressure.

COUNSELLING SERVICES:

OCP Counsellors | LLS (Library Learner Services)  
CALL 0800 377 990 | In the Library (M Block)

Find out how you can build your resilience to pressure and stress.

SLEEP



Getting enough sleep is a crucial part of your health and supports your learning. Find some helpful tips to improve your sleeping habits.

[www.sleepfoundation.org](http://www.sleepfoundation.org)

prioritising your SLEEP

Sleep helps you process all the information you've taken in during the day, and enhances your memory ability. The amount of sleep you get affects how you are feeling. When you are feeling good, you are more open to new experiences and have a greater ability to take in new information. You are also more creative, and can solve problems better.

SLEEP routine

Looking to create a better sleep routine? Forming a new routine can take about three weeks. Even if you find yourself laying awake or tossing and turning, persist with the new routine and eventually your body will readjust and learn it is time to sleep. In that transition phase, try reading, listening to music, writing in a journal or drawing. Resist the temptation to reach for your phone or computer, it will stimulate your mind and wake you back up.

TIPS FOR A GOOD NIGHT'S SLEEP

- Sleep in a dark room, or use eye guards
- Turn off all devices
- Avoid caffeine after 3pm
- Get the room temperature just right
- Wake up at the same time each morning
- Use earplugs to block out sound

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