

# Your Wellbeing Over the Festive Break



A guide from the Disability & Wellbeing Service and Strath Union



## Things Aren't Easy Right Now

We understand that this time of year can be tough for students and feelings of loneliness, anxiety, isolation, and homesickness can worsen. We hope that this leaflet can give you some hints and tips to manage your wellbeing during this difficult time.

Don't forget that we are here to support you. There is support available throughout the holiday period for your mental health & wellbeing.

## Staying Connected

- If you can't meet up with people in person, make plans to video chat, call or text instead.
- If you're worried that you might run out of things to talk about, make a plan to watch a TV show or movie together.
- If you're feeling low or anxious about coronavirus, it may help to talk about this with someone you trust.
- If you are feeling lonely, think about things you can do to feel close to others. Putting extra pictures up of people you care about might be a nice reminder of the people in your life, or listen to a chatty radio station or podcast if your home feels too quiet.



## Adapting Your Routine

- Trying out a new winter routine might help if you're struggling with how long the pandemic is continuing. You could spend time trying some new winter recipes or learning a new skill.
- Plan your day to get the most out of natural light. You could try sitting by a window where you can look at the sky or trees or watch birds and other animals.
- When it does get dark, try to keep your living space well-lit so that you're not straining your eyes.
- If you can spend time outside, like in a garden or on a walk, try to do this when it's light. If it's cold try to make your time outside comfortable by wearing warm clothes and taking a hot drink.
- Listen to natural sounds, like recordings or apps that play birdsong, ocean waves or rainfall.
- If there are certain times that are especially difficult for you during winter, try and plan ahead for them. This may be around Christmas or in January. If you're worried about having little energy, it might help to make some meals in advance and freeze them ready for when you need them during tough times.

# Taking Care Of Yourself - Having Fun!

Strath Union, Strathclyde Sport and the University have loads of free events and activities going on over the festive break. Why not sign up and meet some new people or learn a new skill? There is everything from yoga and mindfulness sessions, paper folding workshops and even virtual Christmas dinners!

[www.strathunion.com](http://www.strathunion.com)

[www.strath.ac.uk/strathclydesport](http://www.strath.ac.uk/strathclydesport)

[www.strath.ac.uk/professionalservices/disabilityandwellbeing](http://www.strath.ac.uk/professionalservices/disabilityandwellbeing)



## Mental Health & Wellbeing Virtual Drop-In

The Disability & Wellbeing Service are offering Zoom Drop-Ins to all Strathclyde students where you can get direct access to information, support and advice on mental health and wellbeing issues. We can provide you with tips on maintaining positive wellbeing and a listening ear if you are feeling overwhelmed or anxious.

The drop-in will run from 10am to 4pm throughout the University closure period (excl. Dec 25th and Jan 1st). You can find the Zoom details via MyPlace.

## Rape Crisis & The Rosey Project

If you have experienced sexual violence at any point in your life, or know someone who has, and you would like to talk to someone we can offer you a confidential specialist support service.

The Rosey Project run by Glasgow Clyde Rape Crisis have a Live Connect service every weekend between 11am-2pm (excl. 25th & 28th Dec and 1st & 4th Jan). Contact them here:

- Calling us Freephone on 08088 000014
- Using our instant messaging service via [www.roseyproject.co.uk](http://www.roseyproject.co.uk)
- Texting 07712719520
- Emailing [support@rapecrisiscentre-glasgow.co.uk](mailto:support@rapecrisiscentre-glasgow.co.uk)



Rape Crisis Scotland are open 6pm-12am every day (7pm-11pm Dec 25th & 26th and Jan 1st & 2nd)

- Calling 08088 010302
- Texting 07537 410 027
- Emailing [support@rapecrisisscotland.org.uk](mailto:support@rapecrisisscotland.org.uk)

## Emergency Support

If you feel that you need help now, please contact your GP or you can call NHS 24 on 111.

If it is an emergency situation, the following Emergency Services are available:

- Campus Security via calling 0141 548 2222
- Emergency Services via calling 999
- Accident & Emergency Service nearest to the University is the Glasgow Royal Infirmary
- NHS 24 on 111 for Health Information and Self Care Advice

If you need to talk to someone, below are a list of supports that are available:

- Samaritans Glasgow 116 123 or email [jo@samaritans.org](mailto:jo@samaritans.org) anytime
- Breathing Space 0800 83 85 87 (All weekend and Monday to Friday 6pm - 2am)

