

RESOURCE PACKS

Youth

Off to university?

A WELLBEING GUIDE TO SQUEEZE
INTO YOUR SUITCASE



Response

Together we can achieve change

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Prepping for Univeristy*



**Read the
welcome emails!**

They're useful!



**Learn how to cook a
few familiar meals if
you are going to be
self-catered.**

**Decide what you
need to buy before
moving and what
you can get later to
reduce stress.**

**Don't be intimidated by group chats. You
don't need to make friends before you
even arrive! Most people don't.**

**Join them if you want but they can feel
overwhelming and overcrowded.**



**Avoid money
worries by making
yourself a budget**



**If there's something that
helps you with your
mental health like going
to the gym or the
cinema, look out for
these places in advance.**



*A couple of ways to make the transition a bit easier

I'm nervous about Freshers, any advice?



YES!



I want to step out of my comfort zone but I feel anxious

Give yourself a time limit to stay at a Freshers week celebration. Start with 15mins. After the 15mins re-visit your situation and see how your body and mind are feeling.



Is it ok if I don't want to drink?

Absolutely! It's entirely up to you whether you want to drink or not. If you prefer, there will be plenty of alternatives to clubbing. You also don't have to explain why you don't drink.



Is it lame if I'm homesick?

Not at all! Practically everyone will experience some homesickness. If you can though, avoid going home too often. Try and settle into uni life first. Arrange phone calls and FaceTimes instead.



What if I don't make any friends?

Everyone worries about this. Do not worry if the people you initially meet aren't your people. You can meet people on your course or join societies. This way you already have something in common.



I think it's really easy during freshers week to feel like you're missing out on things by not going to every social event available. However, I think it's really important – especially during this week – to prioritise your sleep and health.

- ALIX, FOUNDATION WORKER LEAD

Banish Imposter Syndrome

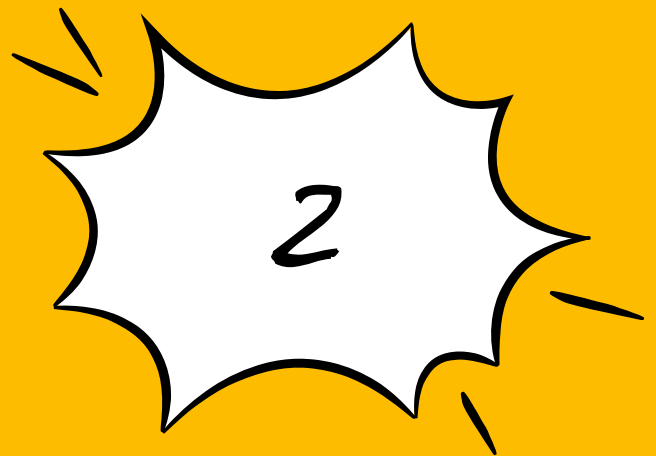


Don't suffer in silence

Our minds can tell us all sorts of things and it's totally normal to feel out of your depth when you start university. Talking to others is helpful as it will show you how not alone you are.

Mistakes are normal

Don't beat yourself up when you make a mistake and don't be afraid to admit when you don't know something. That's the point of your degree, it would be weird if you knew everything already!



Ask for help if you need it

Whilst you shouldn't worry if it takes you a while to settle into your course, if you feel you are falling behind please reach out. This can be asking coursemates, lecturers or tutors for some support.



It's important to remember that the lecturers are there to help you – I didn't realise this until halfway through second year and before then relied on my course friends to answer any of my concerns. Once I started arranging meetings with the lecturers and my personal tutor, I realised I'd be missing out on the most valuable resource.

- ALIX, FOUNDATION WORKER LEAD

How do I practice self-care?

University is a busy time and it's easy to get overwhelmed. It's even more important to step back and take time for the little things, make time for you!



Declutter! We know student living is messy but a clean room can really effect your mood.

Make time for hobbies, something you do purely for fun, not for your CV.

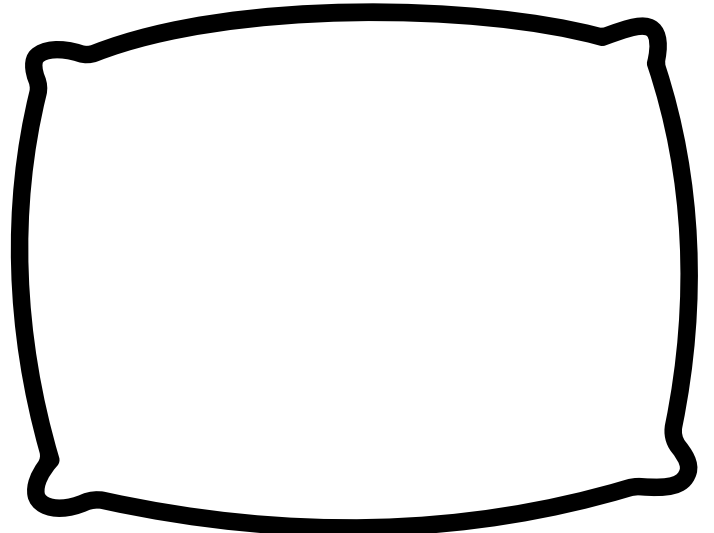
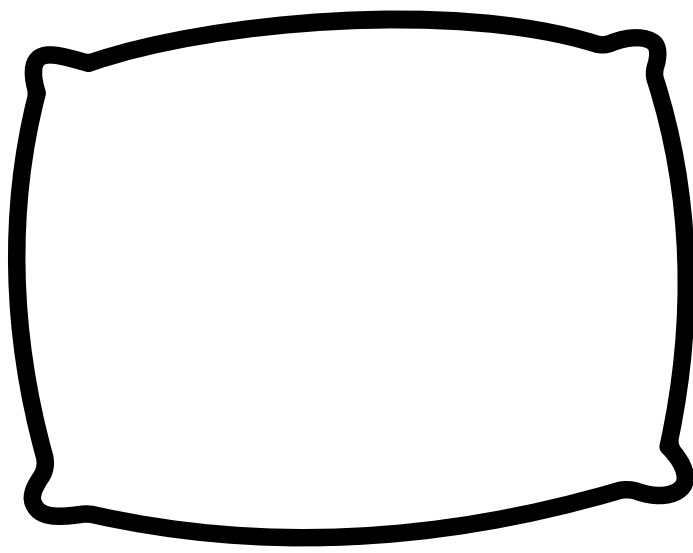
Drink water! Simple but very effective.

Get outside! Go for a walk, a bike ride, dance in the sun.

Eat well. This means not just eating nutritiously but making sure you don't skip meals.



REMEMBER NO ONE IS EXACTLY THE SAME SO FIND WHICH ONES WORK BEST FOR YOU. THE KEY IS TO LISTEN TO YOUR MIND AND YOUR BODY.



HOW AM I SUPPOSED TO GET ENOUGH SLEEP?

Whether you're enjoying the nightlife at uni, struggling with homesickness or pulling all-night study sessions, transitioning to uni can be hard on your sleep.

Good news is you don't have to fully give up partying, but it's a smart idea to monitor the amount you are actually drinking. Despite making you tired, alcohol leads to less restful sleep.

Unfamiliar environments can make falling asleep hard. You can offset this by introducing something comforting from home, maybe a night light, a diffuser or even a favourite book to read before bed.

One late night study session is fine, but don't make a habit of it. Try and wind down at least an hour before going to bed to give your brain a chance to switch off.

A student's guide to navigating Social Anxiety



OUR ADVICE

Do an activity you like and feel comfortable with, in an environment that would usually make you anxious.

You have the familiarity and comfort of being able to concentrate only on what you're doing but will be pushing your boundaries.

For example, if you enjoy watching movies online or catching up on your favourite TV show, then try taking your tablet or laptop to your nearest coffee shop.

You can take this up a notch by joining a society for an activity you enjoy. This doesn't have to be a sport, it can be Gaming Soc or even the Taylor Swift Society.

1

Focus on the small steps

2

Deep breathes

3

Talk to people you trust

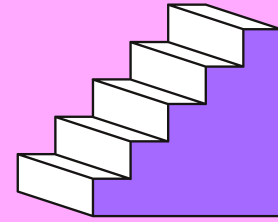
4

Be kind to yourself and appreciate your successes

5

Keep trying

The staircase method



Write down your most important goal in a brief or in a detailed way.

1. What's the smallest step that you can take to move closer to your goal/destination?

2. What was helpful in the past in terms of achieving similar goals? How can you use the knowledge/experience and skills that you have already gained so far?

3. Are there any things that would be useful to stop doing so that you can move closer to your goal/destination?

4. Picture yourself moving closer to your goal/destination. What can you do differently? What is better? What can you picture yourself doing?

5. Think of your surroundings. Are there any people who can help you during this effort? Are there any people who can have a positive impact on your life?

6. Are there any barriers on your way to your goal? In what ways do you think that you can overcome these barriers? Is there anything which can motivate you to keep going?

7. As you are getting closer to your goal can you observe any positive qualities in yourself? What are your strengths/sources that you can observe during your course?

8. On a scale from 0 ... to 10 try to think of the number which describes your readiness. ("Am I ready to start working on this goal? What's the number which describes best how I feel?")

Letter from a loved one

Try to write a message/letter that a loved one would give to you to support you. What would they say to you? What would they choose to talk about?

It can be somebody who is near but also somebody who lives abroad, a fictional person, someone from television or any other person suitable to symbolize support.

If you don't really want to write it, you can always draw something that symbolizes the message.



Resources

Need a bit more support? No worries!

Check out our website for all the support services we offer:
response.org.uk

Some other great people



student
minds

Student Minds

studentminds.org.uk
Advice and Support
Hear directly from other
students.

Anxiety UK:

Support for those suffering with anxiety.
Helpline: 03444 775 774 / text service: 07537
416905
Email: support@anxietyuk.org.uk

Exam Results Helpline

If you are concerned
about your exam
results, please know
there is support
available.

**You can call this
number:
0808 100 8000**

Bullying UK (part of family lives)

Helpline – 0808 800 2222/ Online forum –
www.familylives.org.uk Childline: Any
issue children/ young people are facing
Helpline – 0800 1111 /
www.childline.org.uk 1-2-1 counsellor
chat

**CAMPAIGN
AGAINST
LIVING
MISERABLY**

Call: 0800 58 58 58

Or webchat on
thecalmzone.net,
5pm to midnight

BEAT

For support with eating disorders
beateatingdisorders.org.uk
Webchat and Phonenumber Available

Samaritans

For urgent help 24/7
Call 116 123



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