Wellbeing Wednesdays

Activities and Information Packet for the Doctoral College
Wellbeing Month
Welcome!

Welcome to the Wellbeing Wednesday activity and information packet, in collaboration with the Doctoral College!

These activities can be done alone or together in the office space. Grab a warm drink and settle in for some wellbeing!

Contained in this packet is:
- Activity resources, including mindful colouring, and campus walks.
- Wellbeing audios and resources.
- Advice on helping a friend in crisis.
- Information on support services.

What is Wellbeing Wednesday?
Wellbeing Wednesday is a weekly wellbeing group hosted by Geography PGRs in the Amory Common Room. Activities we run include: mindfulness, walks, crafts, and colouring. For up-to-date information follow us on @wellbeingwedgeo.

We hope you find this packet useful and enjoy the activities contained within it!
NOTES TO STRANGERS

Grab some pencils, pens, highlighters, and coloured paper. Use your materials to create inspirational, motivational and positive notes. These notes can then be posted up around your department, office, or given to peers and colleagues! Let’s spread the love!

To level up your creations, cut out images from magazines and newspapers to accompany the text.
Activity idea

CAMPUS WALKS

Our campuses are beautiful and perfect locations for an afternoon stroll.

Some wellbeing walks can be found here:
- Streatham
- St Luke’s
- Penryn

Pictures from walks around Streatham campus. Send us more from Streatham, but also St Luke’s and Penryn at @wellbeingwedgeo
Activity idea

MINDFUL COLOURING

Contained in this pack are some colouring sheets to complete! Grab some colouring pencils or felt-tips and get started!

Share your creations with us on Twitter: @wellbeingwedgeo
Activity idea

ORIGAMI

Get creative with paper folding and make animals and shapes to hang up around your office space!

Contained in this pack are a couple of origami instruction sheets, for more inspiration go to: www.origami-fun.com

Share your creations with us on Twitter: @wellbeingwedgeo

(source: Yujia Xu, 2018)
1. Start with a square piece of paper, coloured side up. Fold in half and open. Then fold in half the other way.

2. Turn the paper over to the white side. Fold the paper in half, crease well and open, and then fold again in the other direction.

3. Using the creases you have made, bring the top 3 corners of the model down to the bottom corner. Flatten model.

4. Fold top triangular flaps into the centre and unfold.

5. Fold top of model downwards, crease well and unfold.

6. Open the uppermost flap of the model, bringing it upwards and pressing the sides of the model inwards at the same time. Flatten down, creasing well.

7. Turn model over and repeat Steps 4-6 on the other side.

8. Fold top flaps into the centre.

9. Repeat on other side.

10. Fold both legs of model up, crease very well, then unfold.

11. Inside Reverse Fold the "legs" along the creases you just made.

12. Inside Reverse Fold one side to make a head, then fold down the wings.

Finished Crane
1. Start with a square piece of paper, white side up. Fold in half.
2. Fold this triangle in half, crease well then open.
3. Fold the top 2 corners downwards, but not right to the centre line: leave a little gap.
4. Turn model over. Fold down top corner to the centre point of the model.
5. Now fold this corner upwards, and flatten.
6. Turn back over. Finished Ladybug.
Activity idea

GRATITUDE JOURNALING

Contained in this pack are some gratitude journaling sheets. You can write about the things, people and events you’re grateful for in the mandala or the flower petals. You can also colour the page or add patterns!

Share your creations with us on Twitter: @wellbeingwedgeo

What are you grateful for?

- friends
- sunshine
- music
- creativity
- family
- food
I am grateful for
Activity idea

MINDFULNESS

Mindfulness and meditation are great techniques for relaxation and rest. Take a few minutes out of your day, during a lunch or coffee break to try out some of these mindfulness techniques.

Meditation audios:
- Wellbeing service
- The Free Mindfulness Project
- Frantic world meditations
- Mindful

FREE MEDITATION APPS

Insight Timer
Smiling Mind
Tide
Calm
**SUPPORTING A FRIEND IN CRISIS**

Friends are important sources of support in difficult times. But providing this support isn’t easy - it is hard to know what to say, and when to say it. This section gives some advice on how to start to have a conversation with a friend. Information was taken from StudentMinds, to find more: [http://www.studentminds.org.uk/supportforafriend.html](http://www.studentminds.org.uk/supportforafriend.html)

### Starting a conversation with a friend

- Find somewhere quiet and relaxing, particularly somewhere where you won’t be interrupted.
- Going for a walk can be useful way to have a conversation.
- Give yourself enough time to chat, and really listen to them (e.g. put mobile phones on silent)
- Try to approach your friend on a one-to-one basis, a group conversation could become intimidating or overwhelming.

### Top tips

- Be prepared - write some notes of things you want to say.
- Be mindful of your body language - keep it open and approachable.
- Try to focus on thoughts and feelings rather than behaviours.
- Respect their privacy - your friend might not be comfortable with others knowing.

### The conversation

- You might not understand everything your friend is going through or know what to say, and that’s okay! Just giving them the opportunity to talk shows them that they are not alone.
- Ask open questions: “What can I do to support you with that?”. These will encourage conversation, and make your friend feel supported.

### After the conversation

- Sharing concerns and worries is important, but also keep up with the things you enjoy and spend time together as friends.
- Even if your friend seems hesitant to join in with social situations, it’s important to keep inviting them so they feel included.
Wellbeing Services
Offers a range of support for postgraduate students at Exeter campuses.
Website: http://www.exeter.ac.uk/wellbeing/

FXPlus Student Services
Provides a range of support, information and specialist services Penryn, Truro and Falmouth campuses.
Website: http://www.fxplus.ac.uk/students/student-support-services/counselling
Email: studentservices@fxplus.ac.uk
Telephone: 01326 370460

Carefirst
Provides confidential, impartial advice and support 24/7. The service is free for all postgraduate researchers whenever you need it. They also offer a counselling service.
Website: https://www.exeter.ac.uk/carefirst/
Telephone: 0800 174319

Silvercloud
Offers secure, immediate access to online Cognitive Behavioural Therapy programmes, tailored to your specific needs. It empowers you to take charge and manage your mental health and wellbeing.
Website: https://exeter.silvercloudhealth.com/signup/

Complimentary therapies
Offers therapies that take a holistic approach to wellbeing, including herbal medicine, reflexology, massage, and yoga therapy.
Website: http://www.exeter.ac.uk/wellbeing/services/complementarytherapies/

Student’s Guild Advice Unit
Provides practical resolutions to personal issues and offers signposting to other services for support. They run a drop in advice surgery on Streatham campus, Monday to Friday 11am-1pm, as well as bookable appointments on Streatham and St Luke’s.
Website: https://www.exeterguild.org/advice/03-welfare/
Email: advice@exeterguild.com

Wellbeing info Directory
Is run by students, to list and give information on where you can go for help.
Website: https://www.exeterguild.org/change/wid/

Exeter Student Nightline
Nightline is a confidential listening and information service run for students by trained volunteer students. Available for 8pm until 8am during term time.
Website: https://exeter.nightline.ac.uk/about/
Text service: 07786 209309
Email: exeternightline@gmail.com
This activity pack was written and curated by Chloe Asker and Emi Husband in collaboration with The Doctoral College, University of Exeter.

All sources are given in text, and pictures are the author’s own unless otherwise stated.