

London School of Hygiene & Tropical Medicine

Improving Health Worldwide

LONDON
SCHOOL of
HYGIENE
& TROPICAL
MEDICINE



Why is wellbeing important?

- Mental health difficulties can beset anyone at any time.
- It is recognised that many of the transition points in life can be particularly challenging.
- For some students an unfamiliar higher education environment can be very stressful, particularly for those who already have an underlying illness.
- Higher education institutions therefore take student mental health seriously.

Stress

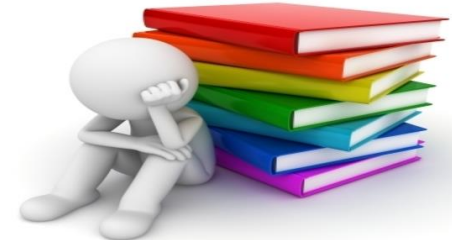
Stress negatively impacts your health

Causes of stress in Modern life:

- E-mails
- Social media
- Environment where you live/study/work
- Work pressure/Study pressure
- Financial worries
- Lack of work/life boundaries
- Relationships with children, parents, partners, family, friends, colleagues etc.



Lack of Relaxation time contributes to stress.



Imposter Syndrome

Imposter Syndrome

Imposter syndrome occurs when we feel like a fraud—when we feel that our successes are undeserved.

We convince ourselves they're based on luck, timing, or other factors outside of our control.

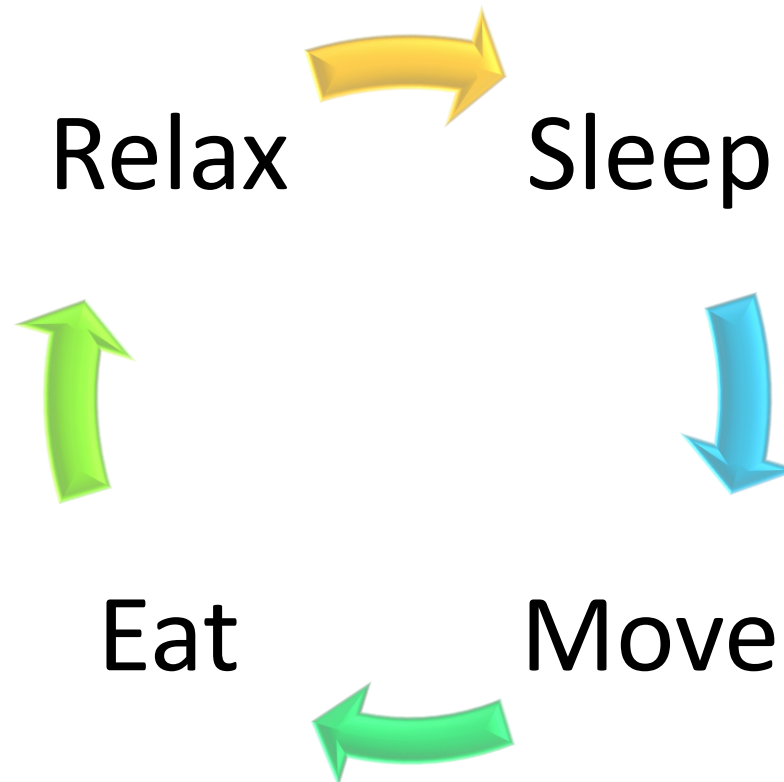
We don't believe we've excelled, and we don't believe we deserve the rewards that come along with our success.

Instead of embracing the fact that we're actually responsible for having made those successes happen.



<https://youtu.be/ZQUxL4Jm1Lo>

How to feel less stressed



While we can't remove stress from our lives, we can give you tools to reduce its effects.

Coping Strategies to help you relax:

1. Take regular breaks
2. Exercise
3. Eat healthily
4. Sleep; constructive rest
5. Listening to relaxing music with headphones on, eyes closed.
6. Getting out into nature
7. Spending time with friends who make you feel good.
8. Creating a five-minute daily practice of stillness, using Mindfulness or a mediation app

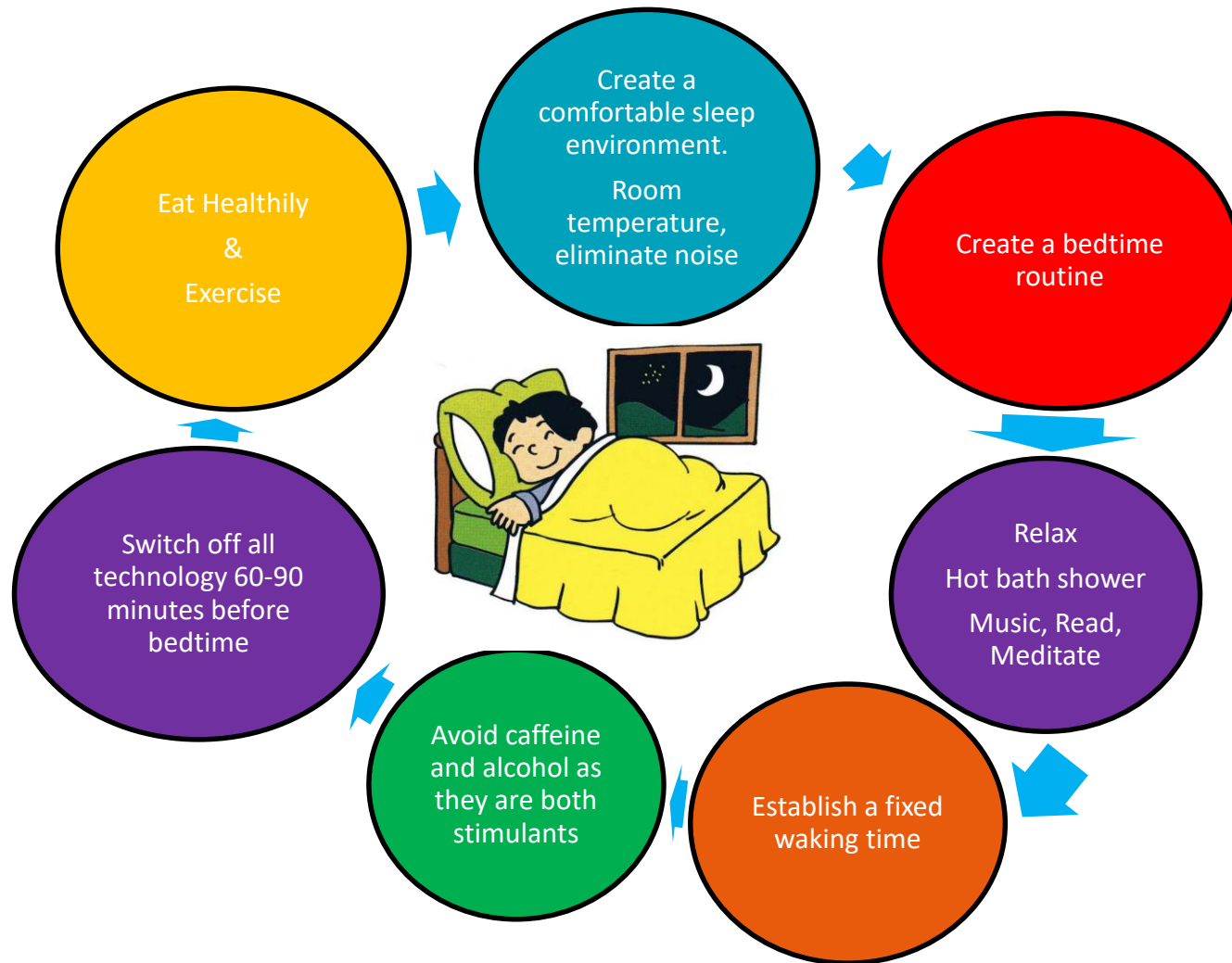


Each of these activities will help you to reduce stress and positively influence your health.

Foundations for Wellbeing – Sleep

Getting a good night's sleep can improve your mental well-being and help you to better manage your anxiety.

The good news is that there are things you can do to improve your sleep.



Mindfulness

A meditation technique aimed at focusing the mind on the present moment, it can produce measurable improvements in symptoms of anxiety and depression compared to people who practise another activity, and can also help alleviate feelings of stress and enhance quality of life.

We will be running a Mindfulness Course for students on Wednesday's starting on the 10th October 2018 in room G10 at No. 9 Bedford Sq. from 5pm to 7pm

You can sign up for this free 8 week course by visiting the Student Advice and Counselling Website to register.

I'd like to invite you take a breathing space

So if you'd like to participate please stop what you're doing, put technology away and join me in a mindfulness.

What is your relationship with caffeine?

- How many are you having per day?
- What effects does it have on you?



Stress

Anxiety

Poor
sleep

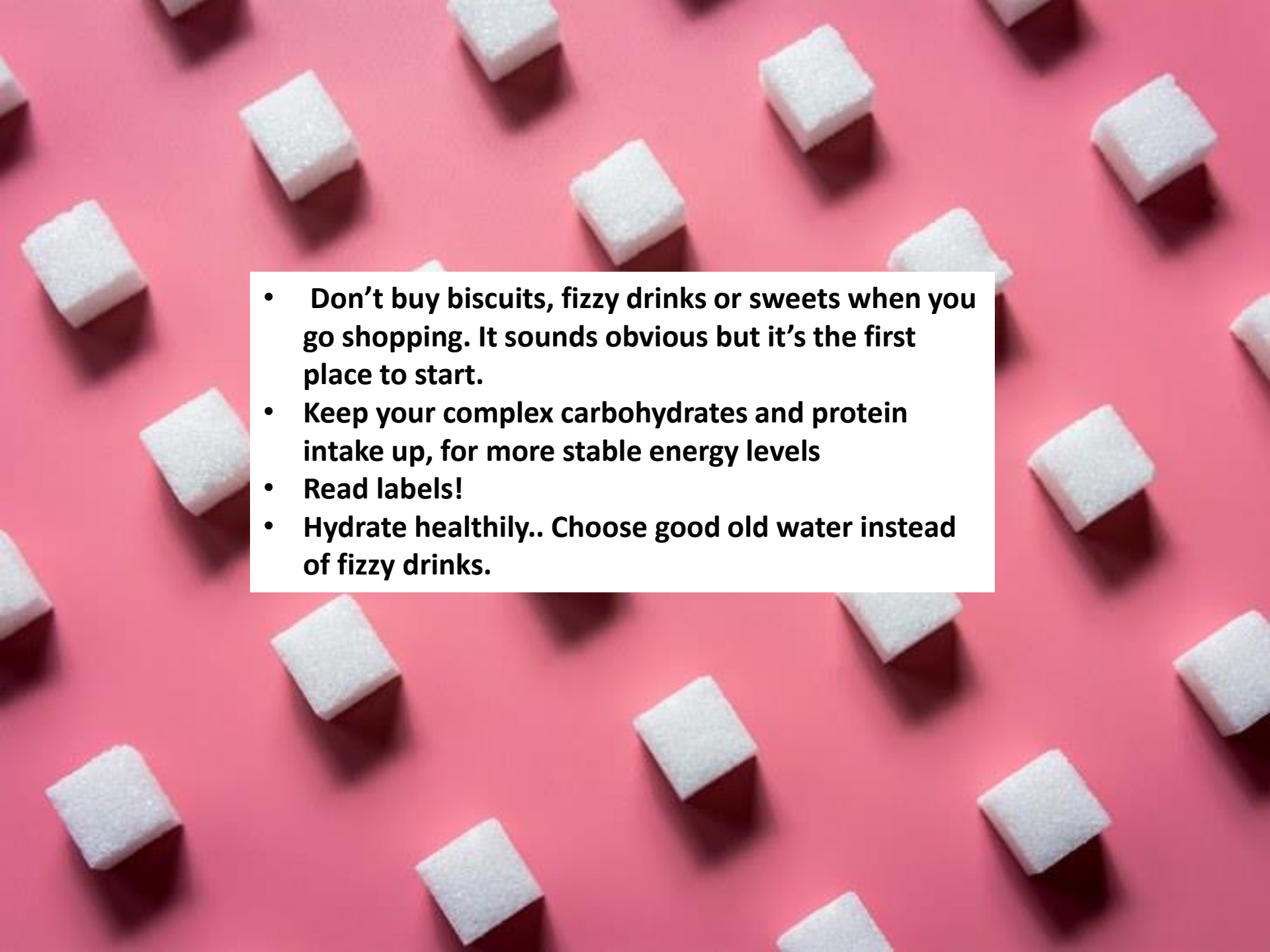
Jittery





Ditch Sugar!



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- **Don't buy biscuits, fizzy drinks or sweets when you go shopping. It sounds obvious but it's the first place to start.**
 - **Keep your complex carbohydrates and protein intake up, for more stable energy levels**
 - **Read labels!**
 - **Hydrate healthily.. Choose good old water instead of fizzy drinks.**

Staying healthy while you study

Eating and Drinking in Bloomsbury and beyond

- The Refectory have a wide variety of salads and healthy food, they cater for vegan and gluten free
- Planet Organic and LEON offers 10% student discount
- Store St Espresso have daily specials, fresh salads and sourdough sandwiches
- ITSU use sustainably sourced fish and good quality ingredients. Students get 15% off.
- A short walk into soho and you'll find Jerusalem Falafel: they serve big vegan falafels with lots of salad and hummus.
- Check out the Hare Krishna food stand in Bloomsbury – they serve free vegetarian food every day.



Incorporating exercise into student life

- Walk to university or get off a stop early
- Walk at lunch, explore the parks
- Take the stairs
- Join a gym – Bloomsbury Fitness or Energybase at Student Central
- Student central have a range of sports clubs and activities
- Free fitness classes online