

WELCOME TO THE UNIVERSITY OF LIVERPOOL



**THE STUDENT WELLBEING TEAM
NEWSLETTER**

FIND OUT MORE ABOUT THE UNIVERSITY OF LIVERPOOL STUDENT WELLBEING TEAM

Welcome to all our new students and welcome back to students who were previously studying with us. We worked hard this summer and enhanced our service to meet your demands.

Let us tell you a bit about ourselves... We are a team of Student Wellbeing Practitioners and offer wellbeing support. We recognise that University can be stressful and pretty tough at times, we are offering several ways to support you, these include weekly clinics where we can teach you techniques to manage anxiety and low mood, as well as boosting your motivation and starting a balanced routine that works for you whilst studying, and we offer 1:1 appointments.

Make sure to also check our calendar of events, we are running wellbeing activities every week, where you can participate in our activity, speak with our team, meet new students and take a break from your studies and stresses. These are great ways to improve your wellbeing.

You can check our website to find out more about what we offer, we now have an interactive form for you to complete that will help us triage and establish how to best support you. Complete the form to contact us and we will advise you accordingly.

NEED TO SPEAK WITH A COUNSELLOR RIGHT NOW?

If you need some support right now, you can phone our helpline for students, provided by Health Assured.

It offers round the clock access to support from counsellors and advisors who are ready to listen and provide practical advice and emotional support on issues such as mental health, stress, personal difficulties.

Call **0800 028 0199** for free, you'll be asked to confirm our university and what your issue relates to, and the adviser will put through to the right person to help.



HOMESICKNESS

Coming to University can feel like a big step and understandably can generate some worries, a big change to your normal routine and possibly some homesickness. Let us reassure you, this is completely normal and most students will experience an element of homesickness during their time in University. In fact, nearly 70% of students – two out of three – feel homesick to some extent over the first six weeks at University. You probably arrived to University with expectations and when you find that it's different to what you were imagining, it can feel harder to adjust to things. What you need to keep in mind is that you can't figure it all out in a few days, it takes time to get used to uni life, find your feet around campus and around Liverpool, meet 'your people' and understand 'how to do university'. We have put together some top tips and asked some of our current students who understand what homesickness feels like for advice for new students.

- Don't be afraid to leave your comfort zone, there are many many many opportunities to enjoy yourself in University: join a society or a club, volunteer, try our wellbeing activities and find out what the Guild offer.
- Look for opportunities where to talk to our students and make connections, eg. if you're in shared accommodation, when you hear a housemate in the kitchen, go and say Hi.
- Familiarise yourself with the new city, our top favourite places are the docks, Sefton Park, the Baltic Triangle and Liverpool One.
- After class, arrange to grab a coffee with a classmate or organise a library and lunch session between classes.
- Spend some time making your new accommodation homely, think about what's important to you, perhaps photos, posters, plants, cushions, a rug.

DID YOU KNOW?

Research shows that 35% of new students experience homesickness and 46% of students in the UK feel lonely.



TOP TIPS FROM A STUDENT

"Trying to keep active and exercise is a great way to help. There are plenty of sport societies who are welcoming, friendly and give you a sense of belonging. Alternatively, if you are interested in sports, the society specifically for your course will be filled with like-minded people to make it easier for you to settle in. The main advice I'd give is to push yourself out of your comfort zone, it is easy to not want to try something as it is unlike anything you have done before; however, these are the situations you meet great friends and discover a lot about yourself"

- Don't wait for others to invite you out, be the one that makes a suggestion, what about a meal together with your housemates or a board games and take away night or maybe a shopping day.
- Have a little think about what hobbies you have when you're home and what a typical day before University looked like – don't forget to keep us with what you usually enjoy. Depending on what your passions are, make sure you have plenty of interesting books on your bookshelves (charity books or public libraries can be great) or paint on a canvas, some students bring their guitar to Uni and if playing the piano is your thing, there is one available at the Guild.
- Be careful not to fall for appearances – let us explain: a lot of students assume that everyone has found friends and is doing great just because they walk with other students or are in a group or have gone to a few nights out. That does not mean that they've formed close friendships already. Meeting people and making friends take time, invest some time into it especially during the first few months and it will pay off.
- Be realistic about student life. It's not expected that you will work 168 hours a week and you couldn't even if you tried. 30-35 hours is sufficient, and leaves you plenty of time for making friends and leisure activities. On the other hand, if you don't put in enough time on work, you can very quickly get behind, which only adds to the stresses.
- Keep busy. Get into a routine. The fuller your days are, the less time for feeling homesick or lonely.

HOW TO LOOK AFTER YOURSELF IN UNIVERSITY AND MAKE THE MOST OF YOUR TIME IN LIVERPOOL

University probably have a different pace to what you're used to and even if you were studying with us before, it can take time to get used to it again once it starts again. The first few weeks especially can be particularly fast paced. It's all new, there are new places to find, new systems to become familiar with, a new accent (!!) and lots of new people.

Look after yourself: it's very easy to fall into a habit of not taking care of yourself, aim to eat healthy, get some fresh air and get a good night's sleep (easier said than done in Welcome Week, we understand!).

Include some downtime where you chill and have some quiet time. Come and find us at the teepee in Abercromby Square (you can't miss it if you walk that way) for a quiet place to do some arts and crafts, do origami, knit, play board games and meditate.



Highly recommended blog written by Students Mind on:

- Expectation and worries
- Practical tips for moving (back) to university
- Freshers week
- Looking after yourself

<https://www.studentminds.org.uk/startinguniversity.html>



WHAT'S ON?

MENTAL HEALTH CLINICS & TEACHING SESSIONS

16th OCTOBER	Are you a perfectionist?
23rd OCTOBER	Leaving your comfort zone: How To Build Your Confidence And Increase Self-Esteem
30th OCTOBER	Taking control of those pesky emotions
20th NOVEMBER	Sound bath activity! You can do anything but not everything – come to our session to learn how to manage stress
27th NOVEMBER	Setback, failure, adversity – this is how you bounce back!

**World Suicide Prevention Day:
10th September**

We believe that having positive conversations about mental health is a key step in suicide prevention. If you need to talk, tell us.

If you're in a crisis now, call 999 for an emergency response.

FIND THE FULL LIST OF WELLBEING ACTIVITIES AND CLASSES HERE

