

Prifysgol Aberystwyth / Aberystwyth University

Health & Wellbeing

HR Department

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SOMETHING TO REMEMBER:

**A healthy outside starts
from the inside**

- Robert Urich, American actor

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Mindfulness & Mental Health

It's completely understandable to be feeling unsettled or anxious at a time like this, which is why it's so important to take care of our mental health and personal wellbeing during isolation.

Below are a few examples of things you can do to practice mindfulness and look after your mental health:

- Meditation - why not try a free daily meditation session?
- Colouring books - there are thousands of adult colouring books online, and colouring has been proven to be a great stress-reliever
- If you are struggling, please remember you can talk to your line manager in the first instance. There's also the Employee Assistance Programme



Mental Health Tips - 7 Ways to manage your mental health when self-isolating:

Below you'll find some more tips on how to manage your mental health when self-isolating:

- Limit your news intake - it's easy to get caught up in the media coverage surrounding the virus, but there is also a lot of false and misguided information floating about. Limiting your intake may allow you to still stay updated, but in control
- Give your social media a spring clean - use this time to unfollow or mute any accounts which make you feel anxious or worried, or that you're not doing enough
- Create a daily routine - set regular times for getting up, meal times and going to bed, to help keep your day on track and maintain focus
- Focus on self-care - do things that make you feel good, whether this is listening to music, reading a book, having a bath; anything that takes you away from work or social media/news
- Get fresh air - using your daily exercise time, or even opening a window to hear the sounds of outside, can break up the monotony of the day
- Immerse yourself in the things you love - whether it's a hobby/interest, work or a movie marathon - if you love it, do it
- Stay connected - whether it's through Teams, Zoom, Skype, Facebook, Messenger, a video call can be a good alternative to get us through the period of self-isolation



Sports and Exercise

Why not try some of the home workouts that have been posted by some of our Sports Centre FitTogether tutors?



With a range of workouts for all abilities, from cycling to HIIT (and even "Fit Tips",) there's something for everyone!

Search for our Facebook page here:
<https://www.facebook.com/SbortAber/>



Couch to 5k

Couch to 5k is a training plan created for those with little to no running experience, with the aim of getting you prepared to run a 5k (3.2 miles) in 9 weeks. The app is free and can be downloaded onto all mobile devices. The app also gives you a choice of coaches (from Jo Wiley to Sarah Millican) and helps you track your progress.

More info here: <https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>



The Arts at Home

A core part of the vision of Aberystwyth Arts Centre is the belief in the power of arts, to transform society and to change and enrich lives.

With that in mind, although the Arts Centre's doors are physically shut, we'd still like to share with you some of the best theatre, dance, opera, art (and more!) to enjoy at home.

CANOLFAN Y CELFYDDYDAU
ABERYSTWYTH ARTS CENTRE

Visit the website here for more information on online exhibitions, films, classes and more:

<https://www.aberystwythartscentre.co.uk/y-celfyddydau-gartref-arts-home>



Reading and Literature

Now might be the perfect time to get stuck into a good book or series. Reading is a great way to relax, and a chance to escape into another world.

There are hundreds of thousands of e-books available online, by checking out websites such as Audible, Many books and Open Library Access.

Why not set up a virtual book club with your friends? You could each choose a book to read and then virtually host a meeting to discuss. Whether you all read the same book or just share recommendations, this is another way of staying connected with your friends.



"Reading is to the mind what exercise is to the body"

Virtual Travel

There's no doubt that the current lockdown has disrupted hundreds of travel plans all across the country - particularly tough if you had a holiday booked that you were looking forward to!

However, there are lots of places to explore online to feed your wanderlust, for example:

Yellowstone National Park - touring some of the main attractions around the park

Great Wall of China - visit China's most famous attraction and wonder of the world, all from the comfort of your own home

Aurora Borealis - watch the Northern Lights live from Canada

Machu Picchu, Peru - an in-depth tour with 360-degree views



Make a "Post-Lockdown" List

Why not make a list of all the things you'd like to do once the lockdown has been lifted and things are starting to return to normal?

This could be something as simple as buying a takeaway coffee or going out for dinner; seeing family and friends or even just going for a drive.

The lockdown won't last forever and it will be good to have things to look forward to.

