



Mental Health Awareness Week this year takes place from 13th to 19th May, which also happens to be the Student Union's Mind Your Mate week as well as exam week!

To combine all of these there will be multiple events for 'Destress Week'. All events will be taking place in Chancellor's Mall, the SLZ and the Library running between the times of the morning and afternoon exams. Events include but aren't limited to: Lego build and chill, Yoga, Smoothie Bike, Wellness Walk with ice cream, Bob Ross paint along, Petting Farm and a garden party with mocktails!

Free fruit and water will also be available in the Sports Centre all week for exam takers!



This year's theme for Mental Health Awareness week is Movement. This can include both exercise we choose to do but also physical activity we undertake in our day, including cooking and cleaning. Physical activity has been shown to help with managing stress and symptoms of depression and anxiety. It has also been shown to improve our overall mood, sleep and confidence!

As a student you may feel you don't have time to be active, or can't financially afford it. It can be helpful to consider your schedule to see when or how often you could fit any activity in, remember any activity counts and you're likely to stick with it if you do something you like! For some people, it may take some experimentation to find a good fit for you, try looking at the [Sports Centre](#) webpage where you can book onto some of the free activities!

It's important to remember any kind of physical activity is difficult and can bring feelings of self-consciousness at first, it's worth considering whether you want to do activities on your own, with a friend or in a group or class to figure out what may be easiest for you! Try to focus on yourself and your own progress, setting realistic goals based on your own ability instead of comparing to others.

In relation to managing stress around this time it may be helpful to look at last month's newsletter which can be found on the [Life Lounge webpage](#)!

Here are some other tips to bear in mind around this time:

- Utilise your support system – If you're worried about your exams speak with someone you trust
- Don't cut all fun out of your life – Our brain's need a rest and it's impossible to focus unless you take proper breaks and focus on some activities you enjoy!
- Make time for self-care! You may wish to look at our self-care wall in the Life Lounge for different ideas, you can take the leaflets and use them as a mindful coloring exercise too! You can also come and sit in our relaxation room with the fish or utilise the sensory room if you are feeling distressed.
- Set realistic goals – don't set yourself up for failure – be realistic in how much revision you can do in a day.
- Remind yourself – exams do not define who you are. You still be successful in life regardless of your exam results – employers look at various factors including teamwork, attitude and skills and not just how well you've done on a test.
- Getting into university is a great achievement in itself and not doing as well as you might have hoped in an exam doesn't erase this!

Negative Relationships with Physical Activity

You may find that you have a negative relationship with physical activity, you may do more exercise than your body can handle, not eat alongside exercising or feel unable to control the amount of exercise you do to the detriment of our physical health. If you feel you may be doing some of these it would be beneficial to speak with your GP. Sometimes these types of difficulties can be in relation to an eating disorder, though this is not always the case.

If you believe you may be struggling with an eating disorder you can go to [BEAT](#) for more information – they also have a helpline and webchat that can be contacted in addition to online support groups.



If you are having any difficulties in relation to body image and how you may perceive how you look you can find information and tips on the [Mental Health Foundation](#) website.



If you are under 25 you can also access information and support from [The Mix](#)



And you can always access support from here at the Life Lounge by using the Click Here button on the right to access our registration form.

Help & Support

Helplines

The Samaritans

Call: 116 123 Opening Hours: 24/7

Papyrus- Prevention of Young Suicide

Call: 0800 068 4141 Text: 07860 039967
Email: pat@papyrus-uk.org
Opening Hours: Weekdays 10am - 10pm / Weekends 2pm - 10pm / Bank Holidays 2pm - 10pm

Shout Crisis Textline

Text: SHOUT to 85258 Opening Hours: 24/7

Greater Manchester Mental Health

NHS Trust Helpline

Call: 0800 953 0285 Opening Hours: 24/7

Refuge

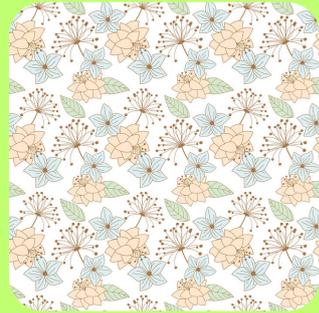
Domestic Abuse Helpline: 0808 2000 247
Opening Hours: 24/7

ManKind

Confidential helpline for male victims of domestic abuse/violence
Tel: 01823 334 244 Opening Hours: Weekdays 10am - 4pm

Galop

For LGBT+ people experiencing abuse or violence
Telephone: 0800 999 5428 Email: help@galop.org.uk
Opening Hours: Monday to Thursday 10am - 8.30pm / Friday 10am - 4.30pm



Online Support



Join with your Uni email address and you'll have immediate access to support

Kooth (for ages 10 to 25)

Free, online 24/7 support for mental health and wellbeing

Qwell (for ages 26 and over)

Free, online 24/7 support for mental health and wellbeing

Student Space

Expert information and advice to help you through the challenges of student life

Hub of Hope

A search engine that allows you to find support services near you

Staying Safe

An online resource exploring staying safe from suicidal thoughts



Umii connects you to other students at Bolton with the same interests, similar course types and societies as you.

Click on the logo to get started!

Want to access the Life Lounge?

CLICK HERE

We have Wellbeing and Mental Health Advisors, as well as both a Counselling and CBT Service.

We are free to access for all current students!

