

5 steps to wellbeing

Take time out

Go outdoors, eat well, get plenty of rest and sleep.

Take notice

Stay present and appreciate the things around you.

Keep active

Exercise can improve your mood, confidence and ability to think clearly.

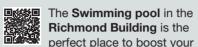
Be kind

Even the smallest act of kindness can make you and others happier

Connect

Keep active

Goldney Gardens cover 10 acres and are a fantastic place for a stroll. Research shows that walking is better for creative thinking than sitting so get out and stretch your legs.



Richmond Building is the perfect place to boost your energy levels. Join one of the waterbased clubs, take swimming lessons or just enjoy a good workout.



a programme of free or lowcost activities open to all students. Scan the QR code to download the app where you can book classes and tennis courts.

Residential Life

You can contact Residential Life by telephone or email **24 hours** a day, or by visiting your Student Support Centre in person.

Wellbeing Support

We're open to all students and offer professional help and guidance if you're experiencing challenges. If you have any queries relating to wellbeing support, including an existing request for support, our phone line is accessible 24 hours a day, or contact us by:

Take time out

SU Living rooms are a relaxing space to unwind, have a cup of tea or eat your lunch. Meet new people or enjoy the space to chill and catch up with friends.

Clifton Hill House Gardens

C 100

Take notice

Bristol site.

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Clifton Hill House has a blue plaque

commemorating Dame Katherine Furse

who believed in the amazing potential

Women's Royal Naval Service in 1917.

of women. She was Director of the

Discover things to see and do

in the city on the official Visit

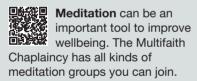
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is the perfect place to enjoy the natural world with its wildflower meadows and wildlife pond complete with newts and frogs.

unwind

Taking regular breaks can improve your focus and memory and just 20 minutes in nature will lower your stress hormone levels.





The ornamental canal at Goldney Gardens is a great place for wildlife spotting. You'll find dragonflies. kingfishers and you might even see a bat if you're lucky.

Get inspired

Clifton Hill House was designed by architect Isaac Ware. He was a young chimney sweep until the Earl of Burlington saw him drawing on pavements in London; recognising his talent he paid for his education!

Connec



with comedy nights, talks, performances and music events. Go on, get out and enjoy yourself!

limitless tea and coffee.

The Students' Union is
a bustling hub of activity
with comedy nights take



The Global Lounge on the 1st floor of Senate House is open to all students. Visit and enjoy

Be kind

Bristol Hub has a range of opportunities to help tackle social problems. Be a social opportunities to help tackle social problems. Be a social superhero and join one of their volunteering programmes.



Volunteering can help expand your social network and reduce stress and depression. There are all kinds of opportunities on the Students' Union website.

Happiness unit in your first year and explore the latest research in psychological science about how to be happier, less stressed and

Get stuck in

page has updates on all kinds of

events for all Campus's from jive

welcomes all students to

being met by the policies, services and

culture at university. Join the group to

attend events and become part of the

ensure wellbeing needs are

nights to crafting.

peer support network.

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SU Wellbeing Network welcomes all students to ensure wellbeing needs a

The ResiLife Facebook

how to flo

Take a Science of

Welcome to Clifton Campus

Sometimes the demands of studying and life in general can seem a challenge so it's important to look after your wellbeing.

Taking care of your physical, emotional and mental health can help you manage the ups and downs of University life.

This map has been created to help you make time for the activities you love and keep a good balance between studies and leisure.

If you're a student living in University accommodation, you can contact your Residential Life team at anytime.

Your Residential Life team can help with anything from homesickness to problems with flatmates; they also organise events and activities in residences.

Tel: 0117 428 3301

Email: resilife-west@bristol.ac.uk

Address: West Village Student Support Centre,

Clifton Hill House, Lower Clifton Hill,

Bristol BS8 1BZ

If you're feeling worried or upset contact us.

Opening times: Monday to Friday, 9am to 8pm. Email: wellbeing-access@bristol.ac.uk Tel: 0117 456 9860

Out of hours? Call the NHS 111 service. If it's a medical emergency, or if there's a fire or crime taking place, call 999.

