



Clifton Campus (Main)

Wellbeing Map





Take time out

- Quiet Garden
 11 Woodland Road
- 2 Royal Fort Gardens
- Merchant Venturers Garden
- 4 Hampton House Garden
- 5 Multifaith Chaplaincy
- 6 Centenary Garden
- SU Living room
- 8 City Museum

Connect

- 9 Priory Road Complex café
- 10 Senate House
- 11 Beacon House
- East Residential
 Student Support Centre

Collect them all

This is one of four maps created to show what's on offer at each campus. Learn more on our website.

Be kind

Bristol Students' Union The Richmond Building

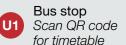
Keep active

- Ping pong tables
- 15 Indoor Sports Centre
- 16 Cantocks Steps

Take notice

- 17 Luke Jerran Palm Temple
- 18 Living Wall
- 19 Hollow
- Follow Me (Public Art)
- 1 Ivy Gate
- 22 Manna Ash Tree

Bristol Unibus Stop





If you need support don't hesitate to reach out.
You're not alone. bristol.ac.uk/students/support/wellbeing/

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.



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

Connect

Feel happier and safer by neighbours or colleagues.



Take time out

The Centenary Garden was designed by Bristol postgraduate and garden designer Anne de Verteuil in 2009 to celebrate 100 years of the University of Bristol.



Meditation can be an important tool to improve wellbeing. The Multifaith

Chaplaincy has all kinds of meditation groups you can join.



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



SU Living rooms are a relaxing space to unwing catch up have a cup of relaxing space to unwind, catch up, have a cup of tea or eat your lunch.



Take notice

Go Metal Gnu spotting in Royal Fort. The park is full of nature-inspired work by Bristol's resident sculptor, among them lizards, monkeys, bats, doves, a hawk, mouse, iguana and owl.



Discover things to do in the city on t Visit Bristol site. Discover things to see and do in the city on the official The Living Wall on the Life Sciences building contains 6,720 plants grown in a hydroponic soil less system. Gardeners have to use a window cleaning platform to weed and prune it.

Get inspired

Hollow was created by artist Katie Paterson and is made up of wood samples from 10,000 unique tree species. They include a fossil from an ancient forest, which grew 390 million years ago (where New York now stands).



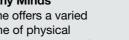


The Indoor Sports Centre has everything from a fitness suite and yoga

studios to a sports hall for circuit training, badminton and basketball. There's even a sports clinic.



Our **Healthy Minds** programme offers a varied programme of physical activities to help improve students' wellbeing. If you need support to be more active get in touch.



Ping pong tables can be spotted throughout Bristo.

There are two pear the Life There are two near the Life Sciences building, just bring your bats.





回袋回 Volunteering can help expand your social network and reduce stress and depression.

There are all kinds of opportunities on the Students' Union website.



■ Become Run or Walk Group Leaders and support our network of social running and walking groups for students and staff across campus at Bristol.



Be happy Take a Science of

De-stress

low-cost activities open to all

students. Scan the QR code

to download the app where

you can book classes and

tennis courts.

is a programme of free or

B: Active Campus

spotted throughout Bristol.

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





The **SU Loft** is a new collaborative co-working space with kitchen facilities and plenty of plug sockets on the upper-ground of Senate House.



■ Beckford Bar located in Senate House is a perfect space to meet for a drink, hold small socials and relax.



page has updates on all kinds of events for all Campus's from jive nights to crafting.



SU Wellbeing Network
welcomes all students to welcomes all students to ensure wellbeing needs are

being met by the policies, services and culture at university. Join the group to attend events and become part of the peer support network.

Welcome to the Clifton Campus (Main)

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.



Residential Life

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.

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

Tel: 0117 428 3302

Email: resilife-east@bristol.ac.uk Address: East Village Student Support Centre

The Hawthorns, Woodland Road,

Bristol BS9 1UQ



Wellbeing Support

If you're feeling worried or upset contact us.

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:

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.

