

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.

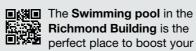
Be kind

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.



energy levels. Join one of the waterbased clubs, take swimming lessons or just enjoy a good workout.



De-stress

low-cost activities open to all students. Scan the QR code

to download the app where

you can book classes and

Take a Science of

Happiness unit in your first

year and explore the latest

research in psychological

science about how to be

how to flourish.

happier, less stressed and

The ResiLife Facebook

page has updates on all kinds

of events for all Campus's from

 SU Wellbeing Network

 welcomes all students to

 ensure wellbeing needs are

being met by the policies, services

group to attend events and become

and culture at university. Join the

part of the peer support network.

jive nights to crafting.

tennis courts.

is a programme of free or

B: Active Campus

Volunteering can help expand stress and depression. There are all kinds of opportunities on the

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

your social network and reduce Students' Union website.

Connect

The Balloon Bar offers pub quizzes, live music nights and delicious food (with plenty of vegan options).

The Global Lounge on the Ist floor of Genate 1st floor of Senate House and enjoy limitless tea and coffee.

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

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.

You can find the Post Office at Clifton Hill House.

Tel: 0117 428 3301 Bristol BS8 1BZ

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.

Take time out



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

Clifton Hill House Gardens is the perfect place to enjoy the natural world with its wildflower meadows and wildlife pond complete with newts and frogs

Take notice



Discover things to see and do in the city on the official Visit Bristol site.

Clifton Hill House has a blue plaque commemorating Dame Katherine Furse who believed in the amazing potential of women. She was Director of the Women's Royal Naval Service in 1917.

unwind

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

 Meditation can be an
 important tool to improv
 wellbeing. The Multifeith important tool to improve wellbeing. The Multifaith Chaplaincy has all kinds of meditation groups you can join.

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

Get inspired

see a bat if you're lucky.

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!

Welcome to Clifton Campus (Extended)

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

Email: resilife-west@bristol.ac.uk Address: West Village Student Support Centre, **Clifton Hill House, Lower Clifton Hill,**

Wellbeing Support

If you're feeling worried or upset contact us.





