

### Sleep



- Encodes memory
- Cleans the brain
- Reduces anxiety
- Increases willpower
- Builds resilience



### Exercise



- Grows synaptic connections
- Burns the energy of stress
- Boosts Mood
- Improves sleep
- Builds resilience



### Eating Healthily



- Supports energy balance
- Nurtures gut health
- Reduces inflammation
- Enhances productivity
- Builds resilience



### Mindfulness



- Enhances will power
- Builds self-awareness
- Reduces reactivity
- Increases engagement
- Builds resilience



### Mind Wandering



- Reduces low mood
- Improves creativity
- Manages worries
- Builds resilience



### Emotions



- Improves cognitive functions
- Boosts mood
- Enhances self-awareness
- Increases self-compassion
- Builds resilience



### Walking Outside in Nature



- Boosts mood
- Enhances thinking
- Increases creativity
- Reduces overthinking
- Builds resilience



### Listening to Music



- Manages emotions
- Supports positive mood
- Processes emotions
- Improves motivation
- Builds resilience



### Connecting with others



- Processes emotional pain
- Increases empathy
- Processes worries
- Boosts confidence and compassion
- Builds resilience



### Kindness & Gratitude



- Balances negative thinking
- Improves cognition
- Builds perspective
- Enhances compassion and empathy
- Builds resilience



### Do What You Love



- Energies
- Engages body, brain and mind
- Excites and enthral
- Builds resilience



### Learn, Play, Create, Read



- Builds executive function
- Improves cognition
- Develops perspective
- Reduces reactivity
- Builds resilience



If you are struggling with your mental health please talk to your Personal Tutor/Guidance Manager. Alternatively visit the Student Services Centre and see one of our Student Services staff, who are Mental Health First Aid trained and will be able to support you. For further Wellbeing resources please go to [www.bhasvic.ac.uk/wellbeing](http://www.bhasvic.ac.uk/wellbeing).