

Health & Wellbeing

Feeling sad? Feeling blue?

Not sure what to do?



TALK TO SOMEONE FAST

You can talk to your Teacher, Tutor, Senior Tutor, and Pastoral Director. Or go to Reception and someone will be able to help

reigate•college
www.reigate.ac.uk

Feeling sad? Feeling blue?



Student Mentors are available for peer-to-peer mentoring.
Email mentoring@reigate.ac.uk

Feeling sad? Feeling blue?

It's perfectly normal to feel down from time to time, and when these feelings persist it can make it hard to function day to day.

Making changes to your lifestyle or diet can often help and this leaflet is designed to give you some tips on how to cope with feeling down and what you can do to take control.

Please remember that if you're experiencing continuing low mood, you should seek professional advice from your GP.

Times throughout your College journey

There are times and triggers during your journey at College that could affect your mood, such as:

- Changing friendship groups from your previous school to College friends
- Finding it difficult to settle in
- Family breakdowns
- Illness, either yourself or others you care about
- Not achieving in your subject choices
- Exam periods

- Deadlines for assignments
- Being unsure about your pathway post Reigate

When these events occur, they can impact on your mood, which in turn may impact on your learning. We encourage you to speak to us if you're feeling low at any point during your time at Reigate College, and to think about steps you can take to look after yourself and focus on your wellbeing.

Looking after yourself

Although some of the above triggers may be beyond your control, you can make a difference to your wellbeing by taking control of the things that will help you. If you're feeling down, you should:

- Talk to someone about how you're feeling; this could be a friend, family member or someone at the College
- Make sure you're getting enough sleep
- Exercise to improve your mood (ideally three times a week for 30 minutes)
- Eat well
- Use relaxation strategies (see the College's self-help Moodle pages)
- Take a break from social media



Exercise and fresh air

Exercise, even just going for a walk, can help enormously. Ideally you should be exercising three times a week for at least 30 minutes. There are lots of opportunities to exercise at College through the weekly Activities and Wellbeing Programme and you can use the College Gym for free.

Getting fresh air is also key to improving mood. Research has identified a link between low mood and a lack of Vitamin D, which is produced when the skin comes in contact with sunlight, so making sure you get outside every day, can help improve your mood.



Left to right: Community Coordinator, Wendy Gregory, Director of Mental Health and Wellbeing, Jo Driscoll and College Wellbeing Mentor, Claire Hassan

Food and the impact on your mood

The food we consume impacts on the way we feel. Eating a poor diet, high in sugar or processed food, lacks the vital vitamins that naturally enhance mood. You should try to:

- Reduce the amount of sugary refined carbohydrates you're eating, such as white bread, white pasta and baked goods
- Limit the amount of chocolate, sweets, fizzy drinks and cereal bars you eat
- Limit the amount of alcohol and caffeine you drink
- Eat regularly – little and often is advisable
- Eat more omega 3, found in fish, flaxseed, walnuts and pumpkin seeds
- Increase your vitamin B by eating wholegrain, vegetables and lean meat/ fish



Support available at College

Your Tutor, Senior Tutor or Pastoral Director are all available to talk through any concerns you might have. Other support the College offers includes:

- **The self-help pages on Moodle.** Ask your Tutor if you're not sure how to access these.
- **The Activities and Wellbeing Programme.** As well as doing specific wellbeing activities like yoga, many people find taking up a skill or hobby, such as music or art, can help with low mood. You can choose from over 60 activities and sign up through the Personal Information Portal (PIP).
- **Mentoring.** Email mentoring@reigate.ac.uk to book an appointment with the College Wellbeing Mentor or one of the College's Student Mentors.
- **Counselling through Relate.** Please email relate@reigate.ac.uk to make an appointment.
- **Dorking Health Care.** If you're over 18, you can access a range of services from Dorking HealthCare. See www.dhctalkingtherapies.co.uk

For more information, go to:
www.reigate.ac.uk/reigate-portal/student-support-welfare/