

What else can you do to improve your wellbeing?

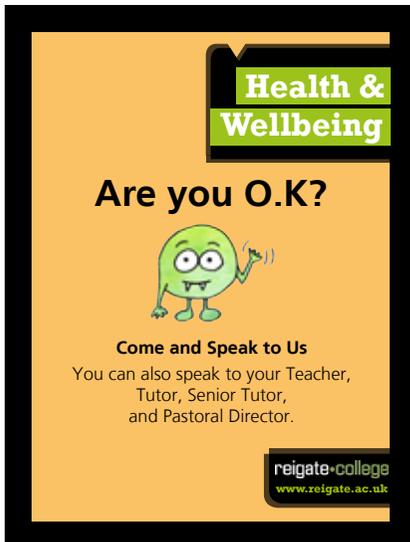
Diet

Having a good diet is really important, since being a full-time student means you need to be alert and able to concentrate for long periods of time, both in and out of lessons.

Some good tips include: maintaining regular meal times; eating healthy snacks little and often; avoiding high sugar chocolate bars, fizzy drinks and cereal bars; limiting the amount of alcohol and caffeine you drink.

Sleep

Having a good sleep pattern really helps, since if you sleep well you can concentrate better in lessons. Aim for around 7-9 hours of sleep per night.



Social Media/Screen time

Try switching off from the social media world every now and again. Sometimes it's good to step away from looking at what other people are up to. Remember phones should not be used in lessons unless you are directed to do so by a member of staff.

Some of the wellbeing support available at College

- Talk to your Teacher, Tutor or Senior Tutor
- Check out the self-help pages on Moodle. Ask your Tutor if you're not sure how to access this.
- Take a look at the College's Wellbeing and Activities Programme
- Book an appointment with the College Wellbeing Mentor via the Personal Information Portal (PIP). Email: mentoring@reigate.ac.uk



Five steps to improving wellbeing

Student wellbeing is at the very heart of the Reigate College community.

This leaflet takes a look at the NHS's 'five steps to improving wellbeing' and how we might apply them at Reigate College. It gives a few simple ideas about managing wellbeing in the College context, and draws on the collective advice of both College students and staff.

The NHS's five steps to improving wellbeing



1. Connect

NHS Advice: Connect with the people around you: your family, friends, colleagues and neighbours. Spend time developing these relationships.

Reigate College Advice: Get to know people in your Tutor Group and other

students in your lessons. In the Lower Sixth you'll be doing at least one of the same subjects as everyone else in your Tutor Group, so you'll have plenty of opportunities to find out more about them.

If you want to expand these networks, you could also sign up for one or two lunchtime or after-College activities via the College's Activities and Wellbeing Programme. There are around 60 extra-curricular activities to choose from. For the latest list see the Personal Information Portal (PIP).



2. Be Active

NHS Advice: You don't have to go to the gym. Take a walk, go cycling or play a game of football. Find an activity that you enjoy and make it a part of your life.

Reigate College Advice: Make the most of the College's close proximity to the town and Reigate Priory Park and try going for a walk in between lessons. 'Getting away from it all' for a bit can sometimes give some much-needed head space.

Try a fitness class and unleash your endorphins! The College offers free access to all enrolled students to its onsite gym, together with access to free lockers and changing facilities.

Sign up for one of the College's Competitive Sports teams and check out the more physical activities on offer in the College's Activities and Wellbeing Programme.

The latest list of what's available can be found on the Personal Information Portal (PIP).



3. Keep Learning

NHS Advice: Learning new things can give you a sense of achievement and a new confidence. Be alert and enjoy your subjects and new content.

Reigate College Advice: Starting at College gives students the chance to have a fresh start and foster a life-long love of learning. If you love your subjects, studying will be so much easier, because you'll want to learn for yourself, not because you've been made to! So choose wisely!

If you want to alleviate pressure, get organised! Feeling on top of your workload and properly prepared for tests or exams goes a long way towards reducing stress.

The greater focus on independent study means you need to take responsibility for your own learning and know what work needs to be completed when and with how much effort.

Discover your preferred organisational tools. The College has a stationery shop where you can buy a homework diary for writing down the work you need to complete; or you might prefer to use the

calendar on your phone or download an app such as mystudylife.

Don't forget to make use of the Independent Learning Centre (ILC) between lessons. The more work you do during College hours the more free time you'll have when you get home.

4. Give to others

NHS Advice: Even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as regular volunteering can improve your mental wellbeing and help you build new social networks.

Reigate College Advice: Get involved in the College's community events. These are designed both as fundraising opportunities and to raise awareness about some of the issues that affect our local and wider communities.

Become a member of the College's Students' Union, Student Mentor or Sports Activator, or find out about local volunteering opportunities at the Volunteers Fair, that's hosted annually by the College and VARB (Voluntary Action Reigate & Banstead).



5. Be mindful

NHS Advice: Be more aware of the present moment, including your thoughts and feelings, your body and the world around you. Some people call this awareness "mindfulness". It can positively change the way you feel about life and how you approach challenges.

Reigate College Advice: Sign up to some of the more "mindful" activities offered in the College's Activities and Wellbeing Programme, such as Yoga, Creative Writing, Creative DT Workshop and Song-writing.

