



### Tip 7: Volunteer

Make the most of your spare time and do something fun. Volunteering isn't just something good to write on your CV, it's a great way to make new friends, learn new skills and do something for others.

Your students' association will be able to help you find a project suited to you. There's lots you can do, from being a course rep to campaigning for a good cause.

Talk to your students' association about how you can become involved. If you want to volunteer in your local community you should contact your local volunteer centre. More information can be found at [www.volunteerscotland.org.uk](http://www.volunteerscotland.org.uk)

#### You can also contact:

The Samaritans: 116 123  
[www.samaritans.org](http://www.samaritans.org)

Breathing Space: 0800 83 85 87  
[www.breathingspace.scot](http://www.breathingspace.scot)

NHS 24: 111  
[www.nhs24.com](http://www.nhs24.com)  
If you need an emergency ambulance, call 999

@thinkposnus and @ScotStuSport

### Tip 8: Support network

It's important to know where to go for support. Whether you just want to talk to someone, or need help with a specific issue, there is always someone to offer support and advice. Friends and family are often your first contact. Try to be honest with them about what is going on, and share your problems with each other. If you feel you need some extra support, there are plenty of organisations out there that can help you.



Take time to familiarise yourself with the support services at your college/university and the support the students' association can provide.

### Tip 9: Go Smoke Free

Giving up smoking has well known benefits to your physical health, and stopping smoking is also associated with improvement in mood and the symptoms of depression, anxiety and stress. As well as feeling healthier, you will save a lot of money! Visit [www.canstopsmoking.com](http://www.canstopsmoking.com) for information and support to quit.



### Tip 10: Get some sleep

Sleeping and student life don't always seem to go together, but you should aim for about eight hours every night. Regular poor sleep is associated with a number of health conditions including diabetes and heart disease, and may lead to mood disorders like depression and anxiety. Try to go to bed and get up at around the same time each day, and avoid caffeine in the evening.



Keep the numbers in this leaflet handy, you never know when you or a friend may need them.

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TOP TEN TIPS  
for a well-balanced you

## Healthy Body Healthy Mind is a partnership project between National Union of Students (NUS) Scotland and Scottish Student Sport.

To gain a Healthy Body Healthy Mind award, students' associations, sports unions, colleges and universities must work together on projects that aim to bring about practical changes across the whole institution.

The Healthy Body Healthy Mind awards seek to encourage students to consider how their mental health and physical health are linked, and help them develop ways to improve their own wellbeing.

Vital aspects of the project are encouraging healthy lifestyles and encouraging people to take care of their own wellbeing through physical activity, sport and exercise.

Follow @thinkposnus and @ScotStuSport for updates and share your Healthy Body Healthy Mind tips!

### Tip 1: Have some Good Mood Food

Eating five pieces of fruit or veg a day to stay healthy is not just good for our bodies. Eating healthily prevents you feeling sluggish and tired, increases your concentration and can give you the much needed energy to stay awake for the last ten minutes of that Friday afternoon lecture.



### Tip 2: Exercise

Ok, so sweating it out at the gym every day may not be everyone's idea of fun, but walking more, dancing, yoga and even gentle exercise, can actually make you feel happier. Joining a sports team or a walking group will also give you the chance to meet people and try new things.



Why not get in touch with the sports clubs at your university or college to find out about their next tryouts or events? Exercise, even done moderately, releases endorphins in the brain, stimulating a better mood.

### Tip 3: Socialise without alcohol

Socialising can also be beneficial to you, meeting new people and exploring new places can be great fun. This doesn't always have to involve alcohol either. Although you may think a drink will help you forget your worries, it can actually do the opposite; alcohol can actually negatively impact on your mood. Alcohol should be consumed in moderation and in line with health guidelines and not used as an escape from worries or mental health concerns.



Visit [www.drinkaware.co.uk](http://www.drinkaware.co.uk) for further information on alcohol and your recommended alcohol intake.

### Tip 4: Spend time laughing

Having a laugh is always a good way to improve your mood. Spending time with friends and family can make you feel good about yourself and life in general. One way to do this is by joining a society at your students' association – whether you want to join a society related to your course or a random interest, you're bound to find something you like!



### Tip 5: Live well



How you feel is influenced by your surroundings, so try to make your living space somewhere you want to be. Put photos on your wall, make your room comforting and try to make sure your accommodation is good enough for you to be living in. Managing your money is really important too – debt and financial difficulties are very stressful and your students' association will be able to provide advice if you need it. Living well doesn't mean spending lots. Being with friends and taking care of yourself can be done within a budget. For advice on finance or housing visit: [www.adviceguide.org.uk](http://www.adviceguide.org.uk)

### Tip 6: Take a break

Make sure you don't overdo it. Being a student does mean revision, coursework and exams but try to take breaks in between to keep a good balance between work and social time. Take a walk and get some fresh air – being in green spaces can help lift your mood.



Taking part in physical activity can reduce stress, improve sleep and give you a natural energy boost. On top of that, it is a great way to meet new friends and socialise.

If we have poor physical health, our risk of developing some mental health problems is increased, and if we have poor mental health our risk of developing some physical health problems is increased. Being as active as you can be can help you reach and maintain your peak level of wellbeing!

Healthy Body Healthy Mind is a partnership project between National Union of Students (NUS) Scotland and Scottish Student Sport, working to create college and university environments where student health and wellbeing is a priority for all.

If you need advice or support with your mental health you can speak to your students' association or the support services in your university or college. Your GP can also provide information and support, and where appropriate referrals to local mental health services.

