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**
Feel happier and safer by spending time with friends, neighbours or colleagues.

**De-stress**
B: Active Campus is a programme of free or low-cost activities open to all students. Scan the QR code to download the app where you can book classes and tennis courts.

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**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.

**The Swimming pool in the Richmond Building is the perfect place to boost your energy levels. Join one of the water-based clubs, take swimming lessons or just enjoy a good workout.**

**Bristol Hub**
has a range of opportunities to help tackle social problems. Be a social superhero and join one of their volunteering programmes.

**Meditation** can be an important tool to improve wellbeing. The Multi-faith Chaplaincy has all kinds of meditation groups you can join.

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

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

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**Get inspired**
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.

**The Students’ Union** is a bustling hub of activity with comedy nights, talks, performances and music events. Go on, get out and enjoy yourself!

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**Take a Science of Happiness** unit in your first year and explore the latest research in psychological science about how to be happier, less stressed and how to flo

**SU Wellbeing Network** welcomes all students to ensure wellbeing needs are being met by the policies, services and culture at university. Join the group to attend events and become part of the peer support network.

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**Welcome to Clifton Campus**

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.

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**Residential Life**

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

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.

Tel: 0117 428 3301
Email: reslife-west@bristol.ac.uk
Address: West Village Student Support Centre, Clifton Hill House, Lower Clifton Hill, Bristol BS8 1BZ

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**Wellbeing Support**

If you’re feeling worried or upset contact us.

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 5pm.
Email: wellbeing-access@bristol.ac.uk
Tel: 0117 456 9560

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.