5 steps to wellbeing

Take time out
Go outdoors, eat well, get plenty of rest and sleep.

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.

Keep active
Exercise can improve your mood, confidence and ability to think clearly.

De-stress
B: Active Residencies offer all kinds of workouts from skip hop to Cuban salsa.

Student Wellbeing Service
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. We’re your first point of contact and we’ll make sure you get the right help from the right people.

Go on, get out and enjoy yourself!

Student Support Centre
We are open 24 hours a day, 7 days a week.
If you're in student accommodation contact us anytime for any reason. We're here to help. Residential Life Advisers can help with homesickness, problems with flatmates and more.

Welcome to Clifton Village
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.