

Posted on UCC Hub - Your mental well-being- Tuesday, 5 May 2020, 5:07 PM

Dear UCC students,

We have now been in Lockdown for 43 days, and I would like to thank you all for your perseverance, resilience and continuing commitment to your education. I know it hasn't been easy. This 'new normal' is frustrating and also creating anxiety and feelings of despair.

Each one of you are different and each one of you are experiencing this situation from a different place; some of you may be facing greater challenges than others, and some of you and your loved ones may have been directly affected by this terrible virus. Your mental health and that of our staff have never been more important or relevant.

Below is some suggestions of coping techniques shared with us from partner institutions and also the Government, you may find some of these suggestions helpful (or not applicable) – But please do read on, especially if you are feeling particular struck down by the current lockdown.

If you need someone to talk to:

- [Samaritans](#) are open 24/7 everyday throughout the year and are free to call on 116 123.
- [Shout](#) is a free UK text help service which you can message on 85258.
- [Hub of Hope](#) is a website which will put you in touch with your nearest counselling service.
- If you need advice on your physical health, visit here: <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Stepping back from social media and non-stop news:

Keeping yourself informed is fine but ask yourself whether you need to be glued to every single news report or social media platform. These can heighten your sense of fear and anxiety. Small adjustments can make a big difference, for example:

- Limit the amount of time spend reading or watching things which aren't making you feel better.
- Stay informed by sticking to trusted sources of information such as [Public Health England](#) and the [NHS](#).
- Similarly, chat groups can both help and hinder, ensure you check facts with relevant people, be it your academic tutor or course leader.

Helpful resources for keeping calm and focusing the mind

Calm: Calm is a leading app for meditation and sleep. Recommended by top psychologists, therapists, and mental health experts. It's designed to reducing stress and anxiety, and to improve sleep with guided meditations, Sleep Stories, breathing programs, masterclasses, and relaxing music.

Headspace: Headspace is your guide to everyday mindfulness in just a few minutes. Choose from hundreds of guided meditations on everything from managing stress and anxiety to sleep, productivity, exercise, and physical health.

Staying active: It is very important to stay active. If you can, go for a walk, or you can workout from your home, find out more here: <https://www.sportengland.org/stayinworkout>

Support with your studies

We are nearing the end of Semester 2 and with that assignment deadlines. There is additional academic resources available on the [HE Academic Skills](#) page on the UCC Hub, which you may find

helpful. There is also information on Mitigation, you can request further advice and guidance on mitigation processes from the HE Coordinator via ucc.registry@croydon.ac.uk

Please remember Friday 8th May is a public holiday and there will be no online learning.

Wishing you all a peaceful week in light of VE Day on Friday.