

# WEBSTRAW PRESENTS



# 10 WELLNESS TIPS FOR UNIVERSITY STUDENTS

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# MEDITATION

*"Rule your mind or it will rule you"*

- Horace

## BENEFITS

- Helps build skills to manage stress
- Reduces negative emotions
- Approach problems in a new light
- Focuses on present and reduces anxiety
- Increases patience and tolerance

## HELPFUL RESOURCES

- [Mindfulness Meditation](#)
- [Focused Meditation](#)
- [Guided Meditation](#)



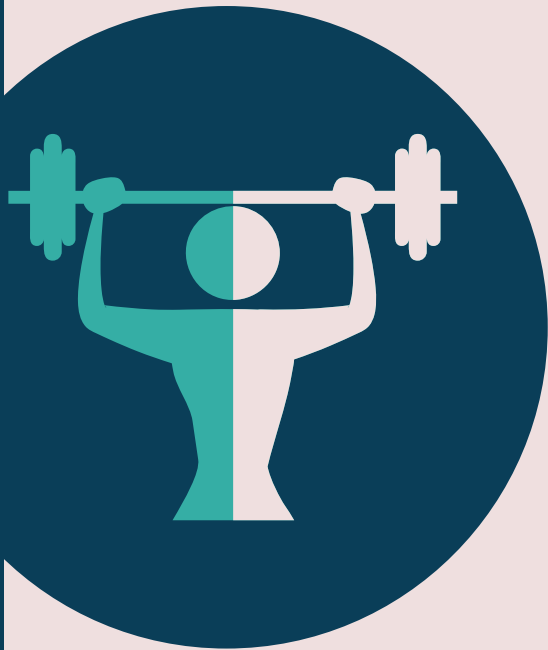
## STEP-BY-STEP

- ✓ Find a space you find calming
- ✓ Set a time limit (start low)
- ✓ Sit down and focus on your breathing
- ✓ Breathe in through your nose and out through your mouth
- ✓ Notice when your mind is wandering
- ✓ Accept the wandering (don't force it back)
- ✓ Continue until you reach the time limit
- ✓ Repeat the following day (try increasing the duration)

# EXERCISE

*"Exercise is the key not only to physical health but to peace of mind"*

- Nelson Mandela



## BENEFITS

- Reduces anxiety, depression & negative mood
- Relieves:
  - Low self-esteem
  - Social withdrawal
- Improve concentration & memory
- Better overall health

## WORKOUT ROUTINES

- Building Muscle
- Burning Fat
- Lean Muscle Plan
- Yoga



## TYPES OF EXERCISE



Jogging



Cycling



Swimming



Heavy cleaning



Yoga



Skipping



Weightlifting



Sports

# VISUALIZATION

*"Everything you can imagine is real"*

- Pablo Picasso

## WHAT IS IT?

Visualization is the act of picturing, in your mind, things you want in your life. It is associated with meditation and mindfulness.

## BENEFITS

- Increases performance
- Reduces negative emotions
- Improves sleep quality
- Improves ability to cope with stress
- Helps achieve goals



## HOW IS IT DONE?

- Go to a quiet place
- Close your eyes and relax your body
- Think about things that you want to experience in life.
- Get as detailed as you possibly can, stimulating every sense in your body

**HELPFUL RESOURCES:** [A guide to visualization](#)



## THINGS TO VISUALIZE:



Working in your dream job



Making your dream purchase (e.g. car, house, etc.)



Relaxing in your favourite vacation spot



An upcoming interview to get prepared

# MUSIC

*"Music is the medicine of the mind"*


- John Logan



## BENEFITS

- Eases stress, pain, & anxiety
- Decreases fatigue
- Stimulates memory
- Improves task performance & heart health


## POPULAR PLAYLISTS

- [WebStraw Study Playlist](#)
- [YouTube LoFi Station](#) 
- [Lofi.Cafe](#)


## GENRES FOR PRODUCTIVITY


 Classical Music

 Movie Soundtracks

 Video Game Theme Songs

 Nature Sounds

 Café Sounds

 Lo-Fi Beats

# DAILY PLANNER

## BENEFITS

- Improved time-management & productivity
- Less likely to forget important deadlines
- Helps create time for leisure
- Can act as a place for records of everything you've completed
  - A feeling of satisfaction when you look back on your completed tasks

*"For every minute spent organizing, an hour is earned"*  
- Benjamin Franklin

## NOTION DAILY PLANNER

Notion is a single space where you can think, write, and plan. It can be very useful for daily planning as it gives you the ability to tailor it to your needs.

The screenshot shows a Notion dashboard with the following components:

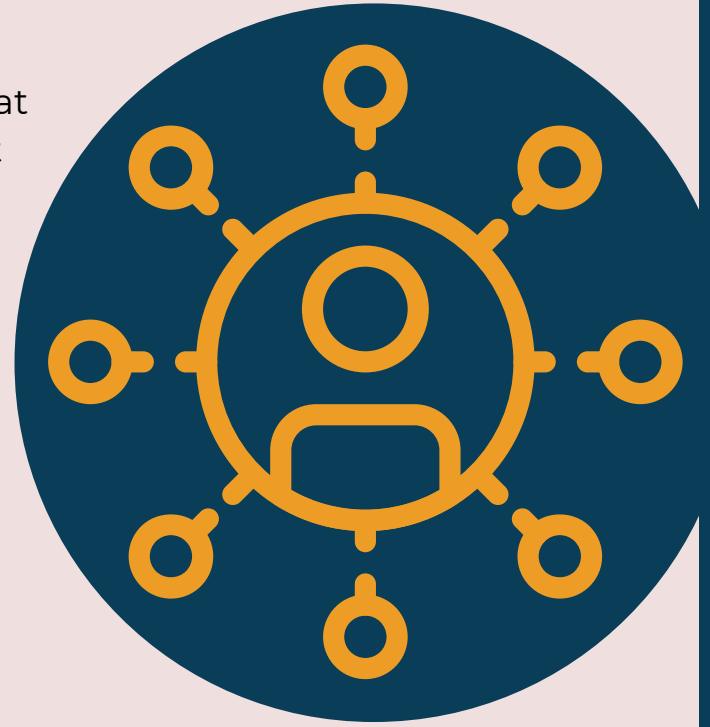
- Date:** 05/11 PM WEDNESDAY
- Weather:** LONDON WEATHER, 7°C overcast clouds. Forecast: Wed (7°C/-7°C), Thu (8°C/-6°C), Fri (-6°C/-17°C), Sat (-6°C/-16°C), Sun (2°C/-14°C), Mon (1°C/-2°C), Tue (0°C/-3°C).
- daily targets:**  write what you want,  to accomplish for the day!
- command center:** Academics, Finance Tracker, Simple Budget Management, Consumption List, Retrospective Timetables Explained, Daily Journal, Mental Health Journal, Job Application Tracker.
- course pages:** Course 1, Course 2, Course 3, Course 4, Course 5.
- milestones:** what are my main focuses this week?, how should I plan to be successful this month?, where should I be a year from now? How do I get there?
- deadlines:** Table with columns: Status, Name, Course, Days Remain...
- within the week/month:** Similar tables for tracking progress.
- articles:** What is Notion?, Self Management Skills.
- Time until Reading Week:** 3m 15d 18h 11m 2s ago.
- Calendar:** February 2022.

Here's an example template made by the team at WebStraw. Check out WebStraw's Guide to Notion [here](#) to see how you can implement it in your life

# SOCIALIZATION

## WHY DO WE NEED IT?

Humans are social beings; we require a certain degree of socialization to perform at our highest capabilities. Studies show that even the slightest social interactions can encourage new ideas and enhance critical thinking.



## BENEFITS

- Increases confidence & self-esteem
- Better quality of life
- Increases brain health
- Promotes purpose in life
- Formation of new ideas

***"Socialization gives us the tools to fill our evolutionary roles, they are our building blocks"***

- Warren Farrell

## THINGS TO DO

- ✓ Go to a local park
- ✓ Meet your friends for an activity
- ✓ Catch up with some family members
- ✓ Message friends on social media platforms
- ✓ Go to school rather than attending an online zoom lecture



# SLEEP

*"Sleep is the best meditation"*

- Dalai Lama

## BENEFITS

- Sharpens attention
- Improves memory
- Lowers stress levels
- Improves attitude
- Consolidation of positive emotional content

## STUDIES DONE ON SLEEP & WELLBEING

- Consequences of insufficient sleep on adolescents
- Why Sleep Matters - Harvard

## IMPROVING SLEEP QUALITY



Establish a night routine



Limit caffeine



No devices 1 hr before bed



Avoid large fatty meals before bed



Sleep in colder temperatures

# HEALTHY DIET

*"Thy food shall be thy medicine"*

- Hippocrates

## BENEFITS

- Improved concentration & attention span
- Improves immunity
- Increases brain health
- Stronger self-esteem

## SCIENTIFICALLY SUPPORTED DIETS

- Low-Carb Diet
- Mediterranean Diet
- Paleo Diet
- Vegan Diet
- Gluten-Free Diet



## TRY FOODS FROM AROUND THE WORLD



# SKINCARE



## BENEFITS

- Doing something nice for yourself stops negative mental spiralling.
- Taking care of skin triggers brain to boost your mood
- Self-love boosts self-esteem

*"If you have good skin, everything else will fall into place"*

- Liya Kebede

## BEFORE GOING TO BED

- ✓ Wash face with warm water
- ✓ Use a cleanser which is designed for your skin type
  - ✓ Gently lather the cleanser
    - ✓ Rinse the cleanser off using warm water
      - ✓ Rinse face with cold water once cleanser is completely washed off
        - ✓ Dry your face using a clean towel
          - ✓ Apply moisturizer designed for your skin type
            - ✓ Apply sunscreen

# JOURNALING

## BENEFITS

- Prioritize problems, fear, & concerns
- Track your feelings everyday so you can learn to understand yourself better
  - Learn about cues and how to fix them
- Identify the root of your negative emotions



***"Journaling is a voyage to the interior"***

- Christina Baldwin

## TYPES OF JOURNALING

- Dot Journaling
- Daily Journaling
- Art Journaling
- Visual Journaling
- Stream of Consciousness Journaling
- Gratitude Journaling
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