

## Wellbeing

Dear Students

These are strange and uncertain times and while we are asking you to focus on your studies it is incredibly important that you look after your mental wellbeing too.

You will all be facing different challenges; be it working on the frontline for the first time, adapting to living back home, juggling studies and family life, or coping with either sickness or loss of loved ones. We remain here to support you.

### Tips:

1. Stick to a routine - it is beneficial for your mental health.
2. Fresh air - try to get outside daily and exercise where possible.
3. Boundaries – getting reacquainted with ourselves and practising self-compassion is good for emotional boundaries.
4. Sleep Hygiene – set a regular bedtime and relax beforehand.
5. Tackle loneliness – zoom with friends and family, find a new hobby, keep in touch with us, or just be present.
6. Avoid anxiety developing – notice the signs, take a 5-minute break, speak to someone, limit the news and social media.

We have updated our [Moodle Support pages](#), please take a look to see updated provision for you from the NHS, BMA and Health Education England. There are some really useful resources.

**For those of you in Phase 2 or volunteering** the [MindEd](#) website is particularly useful for topics including: helping others, fear, trauma, bereavement and end of life. The Medical School are also working with the [PSU](#) and St Andrews to offer some additional work on resilience in this time. Please contact [med-studentsupport@buckingham.ac.uk](mailto:med-studentsupport@buckingham.ac.uk) if this would be helpful to you.

If you are worried about a friend or colleague please encourage them to connect with these support networks and consider peer to peer advice, personal tutors, or the student support team.

Please also see the recent updates on Students Announce from Students First and the SU.

If you need to speak with someone please email Claire, Jess or the Student Support email ([med-studentsupport@buckingham.ac.uk](mailto:med-studentsupport@buckingham.ac.uk)) and we will arrange to contact you at a scheduled time, this is working very well over MS Teams and all Medical School services continue to run virtually including our study support, coaching and counselling services.

With best wishes  
Student Support