

# YOUR PHYSICAL HEALTH - HOW YOU CAN HELP YOURSELF

## Physical exercise

- Try to keep active. It is easy to spend all day at a desk, and getting up to even have a short walk will help your body stretch and destress.
- Consider joining a club or society. One of the best ways to ensure that you keep active is to engage in something with other people, whatever it may be.
- Look out for Yoga and Martial Arts Fitness sessions run by the welfare team! These can be great both for your mental and physical health

## Good diet - finding the right balance

- Try to incorporate foods that will help you feel better into your diet.
- This will look different for everyone, and it is a matter of working out what feels best for you.
- Remember, there are no such things as 'good' and 'bad' foods, but a balance is important.
- Food is fuel!!!

## SLEEP - why is it important and what changes will help you immediately?

- One area that is often overlooked is the amount of SLEEP that you are getting
- Your body can't function properly if you are not resting enough and maintaining a healthy and consistent sleep schedule.
- Most experts recommend that we sleep for at least 8 hours a night.
- It is often the case that any sleep before midnight will be more restful than any sleep after midnight.
- Try to wind down before going to sleep. Going straight from working at your desk to trying to sleep in bed doesn't give your brain a chance to switch off and you won't feel as rested.

## SUPPORT AVAILABLE TO YOU

### Struggling with staying active?

1. Talk to the College Welfare team about possible approaches
2. Try to build activity into your everyday life. Talk a study break walk every hour, for example

### Struggling with sleep?

1. Have a look at [sleepfoundation.org](http://sleepfoundation.org)
2. Take a look at the NHS Every Mind Matters page about sleep

### Struggling with food?

1. Talk to the College Welfare team about support that you have access to in and outside of College



Contact your Female and Non-Binary Welfare Officer - Lizzie Davy - ed592  
Contact your Male and Non-Binary Welfare Officer - Toby Nee - tn364