



Welcome to the Great Student Wellbeing Experiment

Thank you for helping us test the science. You have been randomly selected to test the relevance of the 5 ways to wellbeing in improving student wellbeing

Getting started

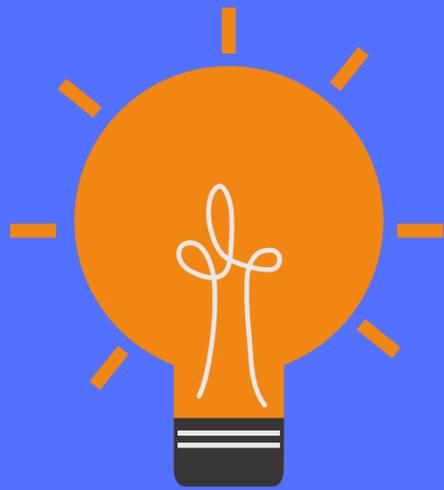


There are some simple things we can do every day to help us interact with the world around us. Please take the next 3 weeks to follow these simple tasks to help find out your answers.

Before each activity find yourself a pen, notebook, time, quiet space and an open mind.

- Make a list of all the things buzzing around your head and put it to one side.
- Go outside and look around – be in the moment.
- Find a quiet space, get comfy.
- Read the activity and think it through.
- If anything else pops into your mind along the way, make a note in your book and come back to it.

Tips



There is no rush.

You can change/add/delete your answers throughout the 3 weeks and if you really can't find an answers that's ok too.

If you get stuck – externalise things, get it out of your head. Get drawing, writing anything that makes you think differently.

Our lives are busy and it can sometimes be hard to make time to simply think. Here are some examples of how others have achieved spreading the thinking time:

4 mins in shower

2 mins waiting for the kettle to boil

3 mins chopping vegetables

20 mins running

Week 1



Take notice

1. Each morning, when you wake up, lie for a minute or two being aware of the sounds you hear. Listen to the sounds inside - your breathing, a ticking clock, the people you live with moving about; and to the outside - traffic, people, birds, the wind or rain.
2. Walk , cycle or drive a different route to work/uni/the shops and notice 3 things of interest.
3. Take a photo of the view from your window every day this week. Note what's different - the weather, the pattern of light, the sky?

Week 1



Give

4. Give something to someone today and every day this week - kind words, a compliment, a smile. Give time to help someone: directions, opening doors. Try making a playlist for a friend or family member of their favourite songs, or leave a note for a flatmate to say why they're great to live with.

Note them in your book.

5. In the same way over the next 3 weeks 'collect' 5 kindnesses others give to you.

Week 2



Learning

Over the next week:

1. Read news from a different source
2. Listen to a different radio station. Make a note in you book about how you found it. Did you enjoy it? Will you try listening again? Why?
3. Visit a museum or an art gallery, in person or virtually:

<https://www.nationalgallery.org.uk/visiting/virtual-tours>

<https://britishmuseum.withgoogle.com/>

Week 2



Active

4. Close the door, play your favourite music and dance for 5 minutes.
5. Put your comfy shoes on and get walking/running/jogging. Just put one foot in front of the other and go. Just for fun – remove targets.
6. Over the next week take the stairs rather than the lift whenever you can.
7. Look into trying a sport or activity you've never tried before - pilates, water aerobics, badminton, hola-hooping, geo-caching - the world is your oyster!

Week 3



Connect

1. Phone an old friend
2. Speak to someone you've never spoken to - it could be a neighbour, a fellow student or someone who serves you in a shop.
3. Learn the name of someone you didn't know before.
4. Share a meal with someone. Make brunch for a friend, organise a movie night with popcorn and snacks, or suggest a bring and share picnic with the people you live with

THANK
YOU

Thank you for taking part in the

Great Student Wellbeing Experiment!

We will send you a second survey to enable us to look at the differences this project may have made.