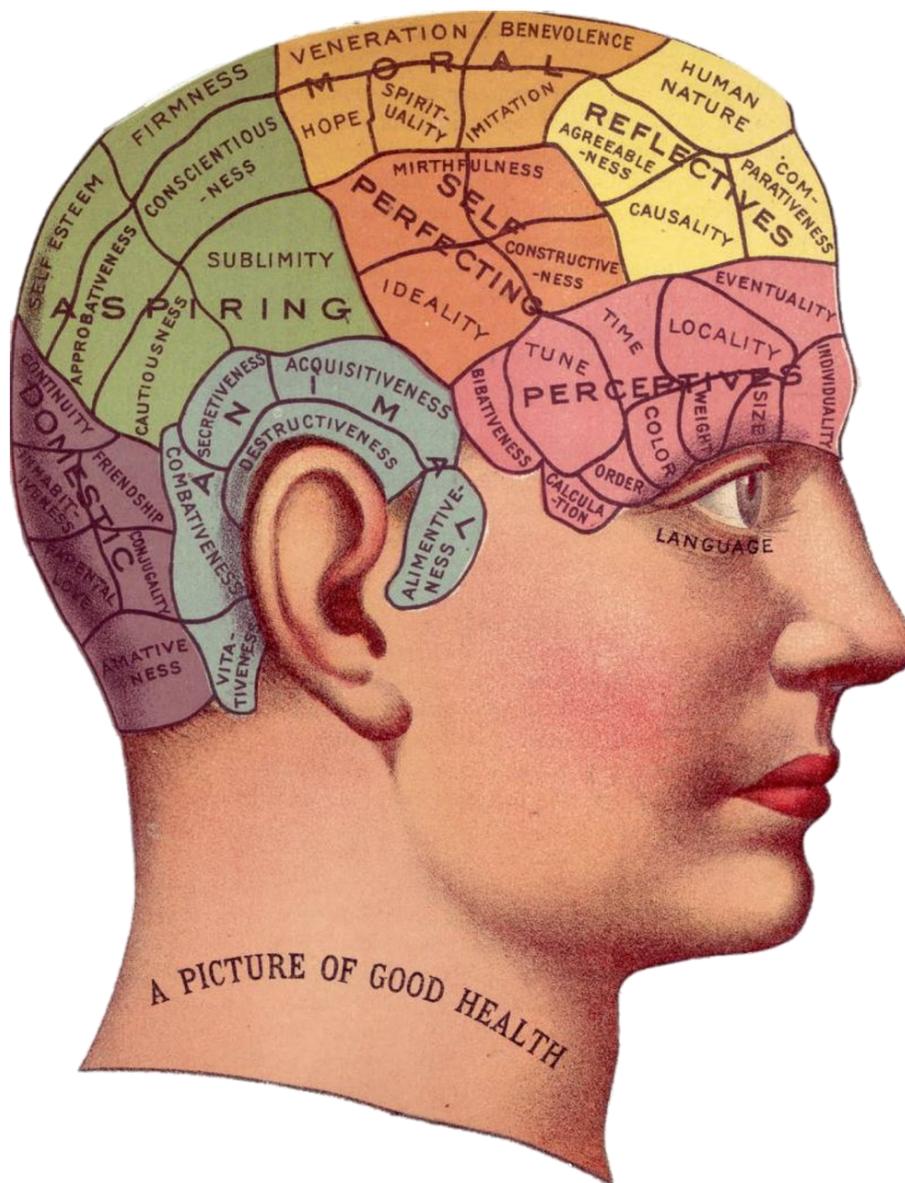




THE GOOD HEALTH GUIDE



Stress management, sleep and wellbeing



HELLO FROM THE LIBRARY TEAM!

In the Library we're aware that your time at Queens' may be one of the busiest of your lives. If your mind is full of research, assignments and career plans you might be feeling stressed or struggling to sleep. Studying all day can lead to a sedentary pattern, and neglecting physical health has a knock-on effect on mental health.

This booklet aims to point you towards resources that can relieve stress, keep you alert and physically active (without even leaving your desk!) and improve your sleep quality. On the back page you'll find details of some of the other things we do in the Library throughout the year to help you, from coffee and biscuits to weekly sessions that combat procrastination.

Don't forget that the Library is full of non-study resources too, like great novels, DVDs and self-help books.

Do stop and say hello to us—we are always here to help!

The Queens'
Library team
(Eve, Lucy,
Tim, Lise and
Lucille)



COLLEGE AND CAMBRIDGE RESOURCES

Queens' Welfare Team

The College chaplain, nurse, mental health nurse/welfare adviser and counsellor are on hand to help you with any difficulties you might encounter during your studies. See the College website for details, or drop in to the health centre 8:30-9:30 any week day or 17:15-18:15 on Wednesdays.

Academic Tutors

Your tutor is usually your first point of contact for matters relating to academic life, including fitness to study and academic performance. A Duty Tutor is always on call; in an emergency ask the Porters' Lodge to contact them. www.queens.cam.ac.uk/life-at-queens/student-welfare/tutors.

University Counselling Service

The UCS provides counselling throughout the year, including over the summer vacation. Their trained counsellors and therapists, including a sexual assault and harassment advisor, offer free counselling and cognitive behavioural therapy, as well as group courses on topics like exam preparation and anxiety. Their website is full of great self-help resources, too. To make an appointment, complete the form on their website:

www.counselling.cam.ac.uk

Cam Student Health

www.camstudenthealth.nhs.uk provides an overview of Cambridge's healthcare services, as well as advice on emergency healthcare and registering with a GP.

Nightline and Samaritans

Nightline is a confidential listening service and is run by students for students. Every night trained volunteers listen to anyone in crisis by phone, text or in person. Visit www.nightline.ac.uk or call 01223 744444. For Samaritans, visit www.samaritans.org or call 116 123 (calls are free.)



3-minute seated

www.nhs.uk
NHS
choices

OFFICE-FRIENDLY WORKOUT
@ darebee.com
30 seconds each

Yoga



body fold



stretch up



alternating side stretch



alternating lotus twist



alternating lift & reach



alternating half lotus



pressure points

DAREBEE WORKOUT @ darebee.com

Repeat each one for 10 seconds.



thenar press



palm rub



thumb root press



bottom
index finger press



top
little finger press



top
thumb press



MINDFULNESS

Mindfulness is the habit of paying greater attention to the world around us, and to our own inner processes. In mindful meditation focus is placed on the breathing, and thoughts and concerns are allowed to pass by. Many people find that mindful meditation can relieve stress and anxiety. Visit the College welfare team to find out more.

A quick guide to mindful meditation:

1. Sit comfortably, with your eyes open or closed.
2. Breathe normally, and become aware of the pattern and sensation of your breath.
3. If your mind wanders, don't worry: gently bring the focus back to your breath, and allow your thoughts to pass by.
4. After a few minutes, have a stretch and notice how you feel physically and mentally. Good, right?

There are several excellent apps that can guide you through quick meditations. We'd recommend Headspace (on Google Play or the App Store) for no-fuss guided meditations of 1 to 10 minutes. The first ten sessions and a range of other content is free.



SLEEP

It's not unusual for sleep quality to worsen at times of stress, or after a change of work pattern. To make matters worse, anxiety about getting enough sleep can make it even harder to drift off. Here are a few tips to improve your sleep quality.

1. Avoid caffeine 4–6 hours before sleeping.
2. Alcohol can send you to sleep, but beware: it will wake you up in the night!
3. Exercise during the day (but avoid it right before bed, as it can leave you buzzing).
4. Don't go to bed hungry, or too full.
5. Find your bedtime ritual. A hot shower, a chapter of a novel, ambient music, stretches—whatever works for you!
6. Keep work and sleep spaces separate. Try to keep study items on your desk and your bed clear of books, papers and laptops/phones.



Need more help?

The NHS recommends Sleepio, a programme based on cognitive behavioural therapy that sets out to remove the anxiety that can perpetuate sleep difficulties.



RESOURCES IN THE LIBRARY

Welfare section (shelfmark QW)

On the first floor of the WML you can find our ever-growing section of welfare-related books, recommended by the Welfare Team. Covering topics like depression, anxiety, sleep, motivation and meditation, these books are here to help you to find support and information.

Just for fun

Don't forget that the WML is for more than study. A range of great fiction and non-fiction is featured in our **General Collection**, located on the ground floor. Biographies, prize winners, books by Queens' alumni—it's an eclectic mix. And don't forget our DVDs on the first floor too!

Library coffee mornings

11:00–11:15 Mondays, Wednesdays and Fridays in Easter Term

Coffee, tea and biscuits are available in the Munro Room every Monday, Wednesday and Friday during exam term. Come and stretch your legs, have a chat with your friends and keep hydrated.

Graduate Writers' Space

Tuesdays during term in the Munro Room, 9:30-16:30

If you're looking for a change of scenery or want to work with friends, this session is for you. Every Tuesday in term time, 9:30-16:30, the Munro Room becomes a relaxed and sociable workspace for all graduates. Bring your friends and join the Graduate Trainee for this informal session - tea, coffee and biscuits are provided too!

