



## Useful Resources + Services

### The Student Hub

If you feel like you are struggling with any aspect of your wellbeing but don't know where to get help, please reach out to the Student Hub and they can point you in the right direction, including student wellbeing services. Or you can book a wellbeing chat here: [shorturl.at/cfgCS](https://shorturl.at/cfgCS)

### Self-help Guides

[shorturl.at/CJRX2](https://shorturl.at/CJRX2)

### A Mental Fitness Article:



## Mental Fitness - with SBS

### Let's Talk Mental Fitness...

Everyone knows that to prevent illness and injuries in our bodies we should maintain our physical health. But not many people realise we absolutely can apply the same concept to our mental health.

Mental fitness has far reaching benefits, just the same as physical fitness. But how can you exercise your mind? Can you take it to the gym?



## What is Mental Fitness?

Mental fitness refers to having a healthy state of mental well-being by cultivating awareness over how we think, behave and feel. Additionally, how well equipped we are to manage the world around us, how we respond to it and having a positive sense of self.

## How does it work?

Our brains carry thoughts through pathways. These pathways create ruts, which over time become automatic patterns of thoughts or behaviours. Sometimes these patterns can be beneficial, and sometimes not. Practising mental fitness helps us to address these patterns and create new ones where needed.

# The 5 Ways to Wellbeing

Write actions under each way to start your steps to wellbeing

**1. Connect**

**2. Be Active**

**3. Be Present**

**4. Learn**

**5. Give**

See this resource for examples:



# What are the benefits?

In general, improving your mental fitness will help you to manage and be more resilient to the pressures that life can bring, which is especially important as a student.

More specifically, evidence has shown good mental fitness to improve sleep, create positive habits, build confidence, improved cognitive function, ability to respond not react and the ability to be present.

## Wheel of Well-being quiz...

Scan the QR code to take the wheel of well-being quiz and get an idea of what areas in your life might need more attention. The key to maintaining a healthy mind is balance!

