WELLBEING HIGHLIGHTS 2021

**JANUARY**
Our Winter Wellbeing Toolkit was enhanced providing you with advice and information to help you.
Access the Wellbeing Toolkit here.

**FEBRUARY**
We launched our Wellbeing Top Tips and to date we have shared over 45 staff and students top wellbeing tips.
Submit your tip here.

**MARCH**
Your sleeping pet pictures helped us celebrate national bed month and share some sleep hygiene tips.
Watch our sleepy pet video here.

**APRIL**
Through a presentation at the CAD Symposium we empowered staff to feel confident in identifying when a student needs support with their mental health and wellbeing.

**MAY**
We launched our Wellbeing Top Tips and to date we have shared over 45 staff and students top wellbeing tips.
Submit your tip here.

**JUNE**
Our community helped us raise awareness and inspire men to talk about their mental health during Men's Health Week.
Watch our highlights video here.

**JULY**
We highlighted the importance of self-care and encouraged staff to swap online meetings to walking or outdoor meetings. Guidance on outdoor meetings can be found here.

**AUGUST**
We launched our ‘Getting to Know Your Staff Networks and Support Services in 60 Seconds’ video series. Creating greater general awareness and an increase in network membership.

**SEPTEMBER**
We welcomed students back to campus, celebrating our supportive and diverse community at the BeWell Afternoon Tea in the Cruickshank Botanic Gardens.

**OCTOBER**
Our University Wellbeing Strategy was launched during BeWell and Inclusion Week showing our commitment to you and your wellbeing. View our strategy here.

**NOVEMBER**
Series 2 of our BeWell Podcast was launched, recording the highest number of downloads of an episode in the first 30 days. Listen to the series here.

**DECEMBER**
As we approached the end of the year we reflected on our achievements and began to set goals for the year ahead.