Take 5 to Check 5

Your Health and Wellbeing is important, to you and to us! Take 5 minutes to reflect on these 5 points and improve your wellbeing today.

1. Take some time to think about today.

2. Consider one difficult thing that happened during your day. Acknowledge that difficulty and let it go.

3. Think about three things that went well.

4. Are you ok? Remember you have a support system in your friends, family and the University.

5. Now switch your attention to home - rest and recharge.
My Self-care Pledge

Use this self-care pledge to make a commitment to yourself to introduce small changes into your everyday life and prioritise your wellbeing. Perhaps you want to focus on creating a better work life balance or being more open and connected with others. Share your pledge to yourself and others below.

I will support my work-life balance by:

________________________________________________________________________

________________________________________________________________________

I will encourage others to prioritise their wellbeing by:

________________________________________________________________________

________________________________________________________________________