

Self help matters.

Helping you to find your solutions

Settling into University

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Starting your University career can be an exciting time. A new chapter of your life has opened up!

Many of you will have a good idea of what to expect from friends or relatives who have been at University – others will be discovering it all from scratch.

There is an enormous amount of information to take in and remember. The pace can become hectic at times, with lots on offer socially as well as academically.

Top Tips

Pace yourself. Build in some time every day just to chill out. Get enough sleep but also to relax with music, TV, social media, a hot bath, whatever you like doing. This will give you time to reflect and assimilate all your new experiences. You may need to make decisions about your course, or who you are spending time with, or what else to get involved in – so give yourself a breather every day.

Expect occasional anxiety. That's not because you are not doing it right. Everybody is finding their feet, however cool and confident they may appear to you. All around you there are people of different nationalities and from different backgrounds, but the one thing everybody will have in common is not wanting to be rejected for just being them. If you are anxious about that – you are totally normal. And if you haven't found your lifetime friends in the first fortnight, you are not the only one.

Friends. When you have made a few friends and found enough networks to belong to, eventually you will feel settled and secure in this new city. Don't feel bad if you are not always at ease socially or say or do something silly. Maximise the chances of finding people you get on with by going to things that you know you will enjoy, even if all your flatmates won't go with you.

The right crowd. Don't feel you have to keep in with the crowd at all costs – there's always another crowd. Being a brand new face to everybody has great advantages too. If you have longed to explore different interests or change your image or lifestyle before but not done so, give something new a try.

You're the boss. Avoid being pressured into doing something that doesn't feel right or makes you uncomfortable. Whether it's spending more money than you've got, using drugs, having sex, or even just going out all the time if you're exhausted. Be careful of risky situations even if you are having a brilliant time. Look after yourself and others.

Transparency & openness. Tackle minor things the minute they come up, whether that's somebody always "borrowing" your milk or grabbing you for gossip when you need to be somewhere else. Explain what you want clearly and calmly and give people a chance to change before getting annoyed. Ask fellow students or a Student Resident Assistant (SRAs) for support if you feel someone is behaving badly towards you in Halls.

Ask for help. You may have worries to do with your family, partner or friends from home or University. Alternatively you may have a specific issue, such as low mood or anxiety. Your GP or Doctor is always the person with authority over your mental and physical health. Make an appointment and ask for their help, advice and guidance. The University also provides a range of services through the Student Support and Advice Office. See the resources at the end of this leaflet.

Plan ahead. University life demands a high level of self-organisation because you have so much freedom and in many cases, time. Thinking about how you divide up your time and getting the right balance between academic work and free time will help you make the most of the opportunities available to you.

Resources

MOODZONE

Boost your mood, cope with stress, anxiety or depression or simply improve your overall emotional wellbeing.



Opening Hours: Online

www.nhs.uk/conditions/stress-anxiety-depression/pages/low-mood-stress-anxiety.aspx

LIVING LIFE TO THE FULL

Want to know how to feel happier, more confident & worry less right now? Would you like to learn new ways of dealing with what life throws at you?



Opening Hours: Online

www.livinglifetothefull.com

THE MIX

Provides free, confidential support for young people under 25 via online, social and mobile.



Opening Hours: Online

www.themix.org.uk

MINDFULNESS FOR STUDENTS

Helping you to stay calm, focused & better manage the pressures of student life.



Opening Hours: Online

<http://mindfulnessforstudents.co.uk/>

UNIVERSITY OF ABERDEEN SERVICES & SUPPORT

A range of support resources for everyone at University



www.abdn.ac.uk/infohub/support

BIG WHITE WALL

Online community of people who are anxious, feeling low or not coping who support and help by sharing what's troubling them. This is a free, online, moderated service and confidential.



Opening Hours: Online

www.bigwhitewall.com

If you are experiencing a crisis - please contact any of the following

- **Emergency Services** - telephone 999 (Free) 24 hours
- **Samaritans** - telephone 116 123 (Free) 24 hours
- **Breathing Space** - telephone 0800 83 8587 (Free) Mon-Thu 6pm-2am, Fri-Sun 6pm-6am
- **Nightline** - telephone 01224 272829 (local rate) term-time only, between 20.00-08.00
- **NHS 24** - telephone 111 (Free) 24 hours

For other support resources, please see - www.abdn.ac.uk/counselling