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.

Check out the website for all the latest BeWell events, news and information: abdn.ac.uk/bewell

StudentLifeUoA