



Mind Your Head

For more info and support visit:
www.sauws.org.uk/advice

Introduction

Hello, and welcome to Mind Your Head!

This booklet has been made for you the students, to help you through times when you are feeling particularly stressed or anxious. We also hope this helps you understand mental health more, from living with anxiety and depression to how to help a friend.

You will find advice, tips, and suggestions on different self-care techniques within this booklet. From the top ten ways to feel more optimistic to how to make a colour lamp simply with a glass of water, there is a lot of small things you can do to make a big difference to your life.

Self-care is incredibly important and there is a lot you can do for yourself, but there are also many services available to you. Within this booklet you'll find out information about all the services that are there for you, from Student Support Services to the SAUWS caseworker team.

Everyone is different, and everyone's mental health is different, but within this booklet you will find there is something to help everyone. This is not a cure, but what it can be is a support for you when you need it most.

For more information and advice on help that is there for you please feel free to contact me on dpew@sauws.org.uk – Myself and SAUWS are here for you, always.



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Depute President Education & Welfare
SAUWS



Contents

1. Know Your Head
2. Self Care, Sixty Four Ways
3. Ten Ways To Think And Feel More Optimistic
4. Five Bad Habits To Break
5. Colour Therapy
6. Tips To Help Others
7. SAUWS Advice Service
8. Student Support Services
9. External Help And Services



Know Your Head

The following list was written by a mental health professional, so you can mind your head and that of your friends and family. When it comes to mental health it is better to know and understand.

ADHD (Attention Deficit Hyperactive Disorder)

A group of behavioral symptoms that include inattentiveness, hyperactivity and impulsiveness.

Anxiety

Anxiety is a feeling of unease, such as worry or fear that can be mild or severe. It can result in panic attacks, anxiety attacks and a strong desire to stay safe. Which can cause isolation.

Bipolar Disorder

Characterized by episodes of depression (feeling very low and lethargic) and mania (feeling very high and overactive). This is not the same as mood swings.

Depression

Depression can manifest as lasting feelings of sadness and hopelessness, losing interest in things previously enjoyed, insomnia, lack of appetite or sex drive and unexplained aches and pains. It may also overlap with the symptoms of anxiety.

Eating Disorders

Eating Disorders are characterized by an abnormal attitude towards food that causes someone to change their eating habits and behavior. This can refer to Anorexia Nervosa, Bulimia and Binge Eating.

OCD (Obsessive Compulsive Disorder)

OCD often refers to a repetitive behavioral or mental act which if not done causes unwanted and unpleasant repeated thoughts, images or urges which cause feelings of anxiety, disgust or unease.

Panic Disorder

Panic Disorders cause regular and random panic attacks, often for no apparent reason. These usually manifest as nausea, sweating, trembling and heart palpitations. Although terrifying they should not cause physical harm.

Psychosis

Psychosis is an umbrella term used for a range of mental health symptoms that a person might experience. When an individual experiences a psychotic episode/experience they might perceive or interpret events differently from the people around them. This could include experiencing hallucinations, delusions or flight ideas.

PTSD (Post Traumatic Stress Disorder)

An anxiety disorder caused by a very stressful, frightening or distressing event. It can manifest as a drug or alcohol dependency, distrustfulness, suicidal thoughts, nightmares/flashbacks/insomnia, extreme anger, self-harm and other issues.

SAD (Seasonal Affective Disorder)

SAD is a type of depression which has a seasonal pattern. This often manifests as very low moods, lack of interest in life, sleeping more and a desire to be less active during winter months.

Self Care, Sixty Four Ways

- 1) Take a 'mental health day' off.
- 2) Have a warm drink.
- 3) Write in your journal.
- 4) Go for a walk.
- 5) Have breakfast in bed.
- 6) Have a massage.
- 7) Play with an animal.
- 8) Give yourself a hand or foot massage.
- 9) Get some exercise.
- 10) Go to the movies or a show.
- 11) Write some poetry.
- 12) Go window shopping.
- 13) Walk in the rain.
- 14) Tune into yourself and find out what you are feeling and what you need.
- 15) Plan something fun – an outing treat, celebration or holiday.
- 16) Dance.
- 17) Stop and smell the flowers.
- 18) Meditate or pray.
- 19) Watch a funny video.
- 20) Relax with a good book.
- 21) Make a list of things that make you happy.
- 22) Go to a park and swing on the swings.
- 23) Wake up early and watch the sunrise.
- 24) Make a special meal just for you.
- 25) Sing.
- 26) Visualise a safe, relaxing scene and imagine stepping into it and soaking up the peace.
- 27) Give yourself a facial.
- 28) Write down everything you love about yourself.
- 29) Notice your achievements and give yourself credit for them.
- 30) Give yourself permission to sit and relax, especially when you are tired.
- 31) Read an inspirational book.
- 32) Listen to a positive, motivational CD.
- 33) Take a warm scented bath.
- 34) Sit in the sun.
- 35) Phone a friend.
- 36) Go to the beach or bush.
- 37) Buy yourself some flowers or a plant.
- 38) Spend time in the garden.
- 39) Write a letter to an old friend.
- 40) Play your favourite music.
- 41) Do something creative just for pleasure.
- 42) Write about your special accomplishments in your journal.
- 43) Explore nature.
- 44) Have a spa, swim or sauna.
- 45) Cook something special.
- 46) Go to bed early.
- 47) Watch the sunset.
- 48) Buy yourself an affordable treat.
- 49) Plan a get-together with friends.



- 50) Listen to the birds.
- 51) Go to the library.
- 52) Say soothing, loving things to yourself.
- 53) Draw or paint a picture.
- 54) Have a foot bath.
- 55) Write about how you are feeling.
- 56) Browse in a book store.
- 57) Do some yoga.
- 58) Ask someone for a hug.
- 59) Burn essential oils in an oil burner.
- 60) Ask for the help and support you need.
- 61) Play some calming music.
- 62) Create quality time for you by taking the phone off the hook.
- 63) Lie on the grass.
- 64) Eat something nourishing.



Ten Ways to Think and Feel More Optimistic

Do Something Good For Someone Else: Giving back shifts your focus outward and often helps put things into perspective. You can volunteer your time, your skills, your resources — whatever you're comfortable with! It is also a great way to meet new people and broaden your horizons!

Go Outside: Be it for a walk around the campus grounds or around your local park — going outside and no longer being in a closed-in environment is a great mood lifter.

Have A Hobby and Share It with Others: We all need that something which we do purely because we love it — rather than for work or university. Be it gaming, cooking, reading, drawing, or anything else in-between: make time for it. Making time for your hobby is making time for yourself — and why not check out the many sport clubs and societies to share your passion with others!

Look for the Positive: If something goes wrong don't see it as a failure. Instead take from the situation what you have learned to be moved forwards with you as a learning curve. This can be understanding how to get a higher grade in your next essay or else being more prepared for a future job interview. Just because something didn't turn out how you hoped it would doesn't mean it is inherently negative!

Make a 'Happy' List: This is really simple, but also fun! Every night just before you go to bed write down three great things that happened that day. They could be in a private journal that you can then read through again or else post them as bullet points in a Facebook status! This will help you appreciate the good things that happen each day and forget the bad.

Make a Specific 'Get Happy' Playlist: Music feeds the mind, body, and soul — and if you play your tunes right can change a bad day in to a good day! It is easy to listen to your emotions (My Chemical Romance anyone?) but it is far better to listen to the opposite of what you're feeling. Make a playlist of happy songs, even if they are silly like S Club 7 or Disney! Music affects us greatly, so think before you play.

Meditate: Meditation is a great exercise to do to separate yourself from a situation and take time to relax. There are some great app's available to download directly on to your phone along with our very own meditation society! Something that can be done alone or with others, very easy to learn, and with so many different types of meditation you are sure to find the one that suits you!

Sleep for Seven to Eight Hours: Staying up all night either studying or having fun might seem like a good idea at the time, but the next day you'll regret it! Try to get at between eight and nine hours sleep a night. It will leave you mind and body feeling well rested.

Smile and Laugh: It might sound almost too simple but watching a silly video on youtube or doing anything else to give you a moment of happiness and a genuine smile acts like an instant (though temporary) emotional booster. Remember you can laugh and smile — you have it in you, sometimes it just needs some help!

And our number one top tip is... Find Love! It doesn't have to be for another person, but having love in your life in any form will make you more optimistic and boost your spirits. Be it your friends, a pet, a hobby, music, art, or yourself!

Five Bad Habits to Break

Step Away From Social Media: Most people would be happier (and less stressed) if they checked their phone less. A study of college students at Kent State University found that people who check their phones frequently tend to experience higher levels of distress during their leisure time (when they intend to relax!). Stop checking your smartphone randomly. Instead, give yourself specific times to catch up on social media and email.

Cut Out Caffeine: This might sound like hell for a lot of people, but don't let your little morning boosts fool you! Those who give up caffeine often find themselves to feel more awake during the day and attentive, with fewer emotional and physical drops in energy. Give it a month for the caffeine to leave your system and you to feel the difference!

Saying Bad Things About Yourself: Saying such things as 'I'm useless' or 'I wish I was beautiful' might be something a lot of people do, but breaking this habit can boost your confidence and thus your optimism. This isn't about instead saying 'I'm beautiful' (though just so you know, you *are* beautiful so feel free to tell everyone) but instead not saying the negative. It doesn't need replacing because it just doesn't need to be said in the first place. Start with not saying the bad, and grow in to thinking the good.

Stop Saying Bad Things About Other People: This can be anything from commenting on a person's outfit to calling them a silly name, or even being negative about a celebrity. By actively being negative about others you open yourself up to negativity about yourself, but also push people away from you. You'll find yourself happier and mentally healthier for this.

Eat Healthy and Care for Your Body: Take away every night will drag your body down, and as such also drag down your mind! Be is a low calorie ready meal, thrown together salad, or a homemade dinner with ingredients it is easier to eat healthy than you think for all lifestyles and types of people!



Colour Therapy

Colour therapy can easily be applied to day to day life by the smallest and easiest changes made by a person. By changing the colour of the clothes they wear to give themselves a set energy, or by filling their room with a certain colour, they can create a spark of a certain emotion or trait within themselves. Whether or not this is on a spiritual level it has obvious benefits, for example is someone has a wall hanging on their wall that is black it will increase negativity, especially in the winter. Changing this to yellow can lift the mood of those with depression or S.A.D. (Seasonal Affective Disorder). It is not a cure, by no means, but it is a small thing the person can do for themselves as a lifestyle change to aid their mental health.



Why not try making yourself a light jar to cast some colour over your bedroom or living space? Simply get a glass jar (a pint glass also works well!) and fill it with water. Next you need to either paint the outside in a thin layer of paint in your chosen colour, or else tinted clear plastic wrapped around the outside with elastic bands. Then all you need to do is cover the top and put it on a windowsill! Watch the sunlight stream through the window, hit the jar, and fill your space with a bright glow.

During the evening or winter months you can put your jar in front of a bright lamp to create the same effect! Lamps are also a great way to add more light to a room to brighten it up, not just so you can read your university textbooks but also to give your mental health a small boost! Even opening curtains and letting sunlight in makes a difference. Remember; small things make just as much difference as big things!

Tips For Helping Others

Do:

- Act sooner rather than later
- Be direct and honest; talk openly
- Be positive; encourage your friend
- Listen carefully
- Show empathy, be supportive
- Take care of yourself
- Be available
- Be patient
- Express concerns in specific terms
- Feel confident that your friend can get better
- Be aware and non-judgmental
- Ask what you can do to help
- Trust your instincts
- Ask questions, be responsive
- Educate yourself
- Pay attention
- Take talk of suicide very seriously
- Be natural, be yourself
- Invite your friend out for walks, activities and fun
- Remind your friend there is hope

And most importantly you are not expected to help or care for anyone also. There are details of different people you can contact to ask for help in the back of this booklet, please use them if you need to. All of the services are here for you.

Do not:

- Wait to see if your friend feels better
- Act shocked
- Be critical, sceptical or dismissive
- Agree to keep secrets
- Be patronizing or overpowering
- Lecture
- Take over your friend's life
- Respond negatively
- Avoid the concern or issue
- Judge your friend
- Give up or get discouraged
- Get defensive or angry
- Tell your friend to 'snap out of it'
- Ignore your friend's concerns
- Suggest you have all the answers
- Be afraid of being wrong
- Joke about the situation
- Ask "why"
- Overextend yourself
- Try to diagnose your friend
- Manage the situation alone

SAUWS Advice Service

SAUWS Advice Service - primary role

SAUWS Advice Service's primary role is to deliver free, confidential, impartial advice and guidance to all University of the West of Scotland's students.

What type of advice does the Service provide?

The advice encompasses a range of legal and University-related issues including:

- Money matters – e.g. grant/loan entitlement, bursaries, University hardship funds, emergency loans, budgeting, debt, welfare benefits
- Housing - rights and responsibilities
- Employment– e.g. income tax, national insurance
- Consumer rights
- University-related issues – e.g. academic appeals, complaints, disciplinary issues, fitness to study, extenuating circumstances, intermitting, withdrawing

What we're not

The SAUWS Advice Service is staffed with trained expert advisers, but does not run a counselling service. Students requiring counselling or other emotional support should seek support from Student Support Services.

How does the Advice Service provide support to students seeking individual advice?

The Advice Service operates the following systems:

- Appointments – in-person or telephone
- Email enquiry service (to welfare@sauws.org.uk)
- Leaflets and factsheets
- Information available on the SAUWS website (www.sauws.org.uk/advice)

How to book an appointment

- Drop into the Students' Association on your campus
- Phone the SAUWS reception on 0141 849 4157
- Email your request to welfare@sauws.org.uk

Student Services

There are many support networks available to you as a student, some you will know about and others you might not realize! Here is a list of all that is available to you as a student that you can use to help you through the tough times when you need them the most. They are friendly, approachable, and gifted at their jobs. Student support services is here to help so know your team!

Student Services

Support, information, advice and specialist services

Student Services provide a range of support, information and specialist services and are here to support you through your studies in every way we can. Services are available on both campuses and are free, confidential and friendly.

Counselling

The Counselling Service is here to support you if you are experiencing personal and emotional difficulties. Our service is available to all students, no matter how big or small your problem. You can talk to us about anything which is affecting your emotional well-being. We offer a free confidential service which can help identify what support might be helpful to you.

Disability Service

The Disability Service at UWS provides information, advice and guidance to students with a disability, long-standing medical condition or specific learning difficulty, such as dyslexia, to help you get the most out of your studies at UWS. We can help you access appropriate study-related support, such as note-takers and proof-readers, organise alternative exam arrangements, apply for Disabled Students Allowance (DSA) funding and also arrange for you to be assessed if you think you may have a specific learning difficulty such as Dyslexia.

Funding and Advice

The Funding and Advice Team are one of the professional teams that make up Student Services. We are here to support you in getting the most out of your student experience by helping you stay on top of your money as well as offering advice and guidance in a number of areas that may be relevant during your studies.

International Students

The International Student Support team provide information, assistance and advice to current international (EU and non-EU) students at UWS on matters including:

- Student visas and immigration
- Visas to travel outside the UK
- Working in the UK during and after your studies

Multi Faith Chaplaincy

Through the Multifaith Chaplaincy Team the University offers:

- a multi faith and belief team
- personal support for students and staff, regardless of religious affiliation
- one-to-one support
- someone who will listen in confidence
- information on ceremonies and events for faiths and beliefs
- celebrations and events for all faiths and none
- a drop-in space for reflection and prayer

To contact us or for further information:

Visit our website: www.uws.ac.uk/studentsservices

Telephone Paisley Campus – 0141 848 3803

Telephone Ayr Campus – 01292 886 005

Telephone Hamilton Campus – 01698 894 448

Telephone Dumfries Campus – 01387 345825

Email – studentlink@uws.ac.uk

External Services

Anxiety UK

Website: <https://www.anxietyuk.org.uk/>

Telephone: 08444 775 774

Opening Hours: Monday to Friday 09:30-17:30

Anxiety UK works to relieve and support those living with anxiety disorders by providing information, support and understanding via various resources and services.

B-Eat

Website: <https://www.b-eat.co.uk/>

Telephone: 0345 634 1414

Opening Hours: Monday to Friday 14:00-16:00

Beat is the UK's leading charity supporting anyone who is affected by eating disorders or struggling with food, weight and body shape. B-eat provide information, support and encouragement to seek treatment and recovery for people of all ages in a range of ways including over the phone or online.

Get Connected

Website: <http://www.getconnected.org.uk/>

Telephone: 0808 808 4994

Opening Hours: 11:00-23:00 every day

Get Connected is the UK's free, confidential helpline service for young people under 25 who need help, but don't know where to turn. They offer support around many areas from abuse and violence to employment and gender identity.

Mind

Website: <http://www.mind.org.uk/>

Telephone: 0300 123 3393

Opening Hours: Monday to Friday 09:00-18:00 (except for bank holidays)

Mind is a mental health charity dedicated to providing supportive and reliable information to those experiencing mental health problems. Mind aim to empower you to understand your own condition and the choices available to you.

NHS 24

Website: <http://www.nhs.uk/>

Telephone: 111

Opening Hours: 24/7

NHS 24 is the 24 hour NHS non-emergency number run by a team of advisors, supported by experienced nurses and paramedics. It is fast and free and should be used when you need medical help quickly, but it is not a life-threatening situation.

PAPYRUS-UK

Website: <https://www.papyrus-uk.org/>

Telephone: 0800 068 41 41

Opening Hours: Monday to Friday 10:00-22:00, Saturday and Sunday 14:00-22:00, Bank Holidays 14:00-17:00.

PAPYRUS is the national charity dedicated to the prevention of young suicide. It operates HOPELineUK, a confidential helpline for young people with thoughts of suicide or those concerned about a young person who may have thoughts of suicide. HOPELineUK is staffed by trained professionals and offers a phone, text and email service. PAPYRUS also offers training, including Applied Suicide Intervention Skills Training (ASIST) for anyone over the age of 16 and delivers regional outreach and community programmes with young people.

Rethink

Website: <https://www.rethink.org/home>

Telephone: Advice and Information Line: 0300 5000 927

Opening Hours: Monday to Friday 10:00-14:00 (excluding bank holidays)

Rethink is dedicated to helping those diagnosed with mental health problems understand and manage their illness. It provides information around symptoms, medication and your rights. Rethink has a dedicated helpline with trained staff to talk you through any issues surrounding mental health. They also have a specific section of their web page about supporting a loved one with a mental illness.

Samaritans

Website: <http://www.samaritans.org/>

Telephone: 08457 90 90 90

Opening Hours: 24/7

Samaritans provide confidential emotional support for anyone in need, no matter what you are experiencing. They can help you explore your options, understand your problems, or just be there to listen.

Sane

Website: http://www.sane.org.uk/what_we_do/support/

Telephone: 0300 304 7000

Opening Hours: 18:00-23:00 every day

SANE is a UK wide charity that works to improve the quality of life of those affected by mental illness and the people who support them. As well as a helpline, SANE runs various web-based forums for people to support each other. They also run Textcare; a service allowing users to sign up to texts to help them if they want a little more motivation at a specific point in time.

SAMH

Website: <https://www.samh.org.uk/home>

Telephone: 0141 530 1000

SAMH is the Scottish Association for Mental Health. One in four people in Scotland will have a mental health problem at some point in their life. This means that you may know someone with a mental health problem, or maybe you're worried about your own mental health. At SAMH we believe there is no health without mental health. We're here to provide help, information and support; to campaign on behalf of people with mental health problems and to raise money to fund our vital work. We're here for everyone, and we're here for you.

Support Line

Website: <http://www.supportline.org.uk/problems/a-z.php>

Telephone: 01708 765200

Opening Hours: Hours vary so ring for details.

Support Line provides a confidential telephone helpline and website offering emotional support information and advice to any individual on any issue, from mental health problems and abuse to volunteering and internet safety. The Helpline is primarily a preventative service and also provides support by email and post.



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/UWSstudents



@SAUWSstudents