

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:
