




Spring Newsletter 2025



Luci's TIMETABLE

Come and say hello to our therapy dog Luci and her human Alison.
Drop by for an enthusiastic hello, perky ears and a very active tail!

Please check out our Instagram @wellbeinguniversitybolton for any last minute changes!

 Chancellor's Mall
 Every other Wednesday
 12.15pm to 1.45pm

16 April 2025
30 April 2025
14 May 2025
11 June 2025
25 June 2025
9 July 2025



Stress Beware!

April was Stress awareness month! It's a yearly event dedicated to raising awareness about causes and cures of stress, this years theme is #LeadWithLove based on Unconditional Positive Regard. This encourages us to approach ourselves and others with compassion and acceptance regardless of what challenges are facing us.

There are numerous factors that can make student life particularly stressful such as academic pressures, financial stress, social pressures, struggling with time management, loneliness and burnout. Some of these stressors may be things that are ongoing or can't be changed, and although we may not be able to change what is causing the stress, we may be able to change the way we deal and cope with it by embracing compassion.

The most obvious way of being more compassionate to ourselves would be ensuring we are doing kind things for ourselves when we are struggling just as we would for a friend in need. The idea of being kind to ourselves can feel weird at first but a good way to start is to think, if a friend was in my position how would I treat them? What would I do for them? These types of activities are sometimes called 'self-soothing' as they can provide us with a sense of warmth and being cared for. We are all different so what we find soothing will be completely different from each other so its good to experiment with different ways to find what works best for you.



Have a look at these suggestions for [self-soothing activities](#)



In an ideal world we would do something self-soothing everyday but it doesn't always seem possible if we have a lot of responsibilities, sometimes we need to plan in our self-soothing time or think of a less-time consuming activity we can do when we have the chance! It's often helpful to plan these activities into your calendar to set some time aside to just focus on being kind to yourself.

Another way of showing ourselves kindness is by thinking more compassionately, we can do this by writing a compassionate letter to ourselves and trying to think about how you would write a letter to a friend in the same position.



Check out this guide on [compassionate letter writing](#)



Showing kindness to others is also good for our overall health and wellbeing though it's important to take care of ourselves so that we have the energy and capacity to support and show kindness to others. What we do to show kindness can range, it may be thanking someone for what they do to support you, doing a kind gesture for someone, doing something to cheer someone up or complimenting someone for example. Try and think about the people in your life and something kind you could do for them, these could be spontaneous things or you could do something that might require more planning. How do you feel when you do kind things for others?

The Stress Management Society put together a [Kindness Calendar](#) for the month which provides daily suggestions and inspiration for practicing kindness towards oneself and others, and even though the month has now passed it's still full of helpful ideas. They have also put a resource together on creating either a physical or virtual [Appreciation Wall](#) to express gratitude or appreciation for others.

Being kind to ourselves isn't just about the 'nice', 'kind' or 'fluffy' things we can do but being compassionate. It also means facing the difficult things or problems instead of running away from them, so that we can feel less helpless and hopeless.

If you're avoiding what you need to do – Stop! As long as what you're avoiding isn't causing any harm to yourself or others, find a way to gradually face the situation and stay in the moment, riding out any feelings of anxiety. The more we do this the more confidence we slowly build that we are able to face the anxiety.



This worksheet can help you [Overcome Avoidance](#) caused by anxiety, it supports you to break tasks down into manageable steps.



If you've given up because there is nothing that you feel can do about the problem – Don't! You could try problem solving techniques as a way to come up with solutions.



Why not have a go at the [Seven Step Problem Solving Technique](#).



If you are procrastinating and putting off doing things for any reason – Get started! Break down what you're putting off into steps then start with the smallest step that needs to be done. Our emotions are not facts and you can make a start on tasks regardless of how you feel. [Togetherall](#) have an online course on procrastination that you may find helpful and it's free to sign up using your UOB email!




If you having difficulties with communication that is causing stress in your relationships, learning how to communicate assertively can be helpful.




Check our this information on [Assertive Communication](#).



Bear's TIMETABLE

 Chancellor's Mall
 Starting end of June
 12pm to 2pm

Come and say hello to our therapy dog Bear and his human Stuart, one of our Paramedic lecturers! Why not drop by for a hello, a hug or just to admire all the fluff 

Please check out our Instagram @wellbeinguniversitybolton for any last minute changes!



Mental Health Awareness Celebrating Community



Mental Health Awareness Week took place earlier in May, the theme for this year was Community. Having supportive communities and strong relationships with others can significantly increase our wellbeing!

Communities can look different but refer to people who are brought together by something in common. For some their communities may be their neighbors or people who live locally, those with the same hobbies or interests, people in our classes or people who have the same faith as us. Research has shown that the more socially connected we are, the happier and healthier we are. Having strong connections can help give us a sense of belonging, and gives us purpose as well as provides us with support in hard times.

It's also important to recognise that not all communities are good for your wellbeing, these types of communities can make you feel bad about yourself, encourage hate or discrimination to others, puts you in danger or harms your wellbeing.



Loneliness Awareness Week 9 to 15 June



Loneliness is a very normal human emotion, it is not something to be ashamed of or something you should feel fearful of speaking about as it affects all human beings at some point in their life. It's good to evaluate who we have in our lives, who is someone you could speak to about feeling lonely? Often when we're already feeling lonely we feel we have no one there for us, but the likelihood is that those around us don't know how we're feeling. Communication goes both ways and if we take initial steps to reach out to someone they will more often than not respond, and the relationship can flourish. It's also good to evaluate how much we feel we actually need social contact, we're all different so our needs can be different, some people will feel they need multiple face-to-face social contacts a day while others might find this level of socialising overwhelming.

If you're feeling particularly isolated or lonely, think about how you can build social interaction into your day-to-day life, try and think about small interactions too for example saying hello to neighbours. What communities are available to you? How can you get the most out of them? Have you considered joining a Student Union Society?

Click the logo to check out the Societies



It's also worth considering the role of social media and how this feels for you, does it make you feel more or less connected with others? Instead of using social media to scroll, use it as a way to find like-minded individuals or communities of people who share similar hobbies or interests. When keeping in touch with friends online, try and arrange in person meet ups where possible.

It may also be worth considering looking at places locally where you can get involved in activities where you may meet other people – joining a sports group, starting a hobby or volunteering are all great options!

**There are social sport sessions available at the Sports Centre
Click their logo below to find out more**



The Student Life team organise regular events and initiatives that you can get involved with.

Click their logo below for more information on what they have going on!





Help & Support



Want to access the Life Lounge?

CLICK HERE

We have Wellbeing and Mental Health Advisors, as well as both a Counselling and CBT Service.

We are free to access for all current students!

Helplines

The Samaritans

Call: 116 123 Opening Hours: 24/7

Papyrus- Prevention of Young Suicide

Call: 0800 068 4141 Text: 07860 039967 Email: pat@papyrus-uk.org

Opening Hours: Weekdays 10am - 10pm / Weekends 2pm - 10pm / Bank Holidays 2pm - 10pm

Shout Crisis Textline

Text: SHOUT to 85258 Opening Hours: 24/7

Greater Manchester Mental Health NHS Trust Helpline

Call: 0800 953 0285 Opening Hours: 24/7

Refuge

Domestic Abuse Helpline: 0808 2000 247 Opening Hours: 24/7

ManKind

Confidential helpline for male victims of domestic abuse/violence

Tel: 01823 334 244 Opening Hours: Weekdays 10am - 4pm

Galop

For LGBT+ people experiencing abuse or violence

Telephone: 0800 999 5428 Email: help@galop.org.uk

Opening Hours: Monday to Thursday 10am - 8.30pm / Friday 10am - 4.30pm

Online Support

Kooth (for ages 10 to 25)

Free, online 24/7 support for mental health and wellbeing

Qwell (for ages 26 and over)

Free, online 24/7 support for mental health and wellbeing

Student Space

Expert information and advice to help you through the challenges of student life

Hub of Hope

A search engine that allows you to find support services near you

Staying Safe

An online resource exploring staying safe from suicidal thoughts

Self Help Guides

The University's range of self-help guides covering a wide range of topics

Get support. Take control. Feel better.

Welcome to Togetherall. A safe online community to support your mental health, 24/7

- Connect with others experiencing similar feelings
- Feel safe, trained professionals are on hand, 24/7
- Stay anonymous, everyone's identity is protected within the community

Join with your Uni email address to get immediate access to online support by clicking on the logo



spectrum.life

The 24/7 Student Support line is a free, confidential service that provides you with emotional and practical support for concerns big or small. It is available to all students.

They offer unlimited access to a telephone helpline, available 24/7/365, and access to hours of wellbeing content through the student portal.

Access this service directly by phone or register to the platform by clicking on the logo above.

Freephone UK: 0800 031 8227

WhatsApp: Text 'Hi' to 07418 360 780