

Always have a boxset on the go! 'Scrubs' got me through some hard times!



Even if you don't feel like it at first, Zumba is magic!



Snuggling up and getting lost in a good book



swimming, watching a great film, dancing, volunteering



Eat well, keep your room tidy, exercise



# YOGA



Sleep (at least an hour before midnight)



Trying to find time to correspond with friends? Do all your texting on the loo!



Do some cloud spotting



Take a moment to look at the beauty all around you



**Plan to grab lunch and  
drink tea at a cute  
cafe with friends.**



**Stroke a dog/cat! If you  
can't have your own dog,  
borrow one to walk**



**Interpretive dance in my  
bra and tights in my  
bedroom (it works!!)**



**Make sure you  
have a big poo in  
the morning.**



**Take some me  
time - happy  
introvert!**



**Getting on your bike for a  
quick blast through the  
town or even better, the  
countryside**



**Hang out with the  
lovely Student  
Minds :)**



**Thank yourself and your  
friends for the little  
things you achieve**



**Make time for hobbies!  
E.g. playing a musical  
instrument**



**Spoon your  
friends!**



# Swimming

**\*splish splash\***



**Cuddle cuddly toys (yup, even at 22...). A human is also good.**



# Be self-aware



**Go for a walk, eg in Uni Parks of Port Meadow (Oxford)**



**Go outside, wide open spaces, flowers, fresh air, nice views**



**Message that old friend you've been missing, life gets busy but a good catch-up can make your day.**



**Act like you'd always do. Depression doesn't make people less trustworthy. They are still your friend.**



**Always be kind. Don't offer advice; it might appear patronising. Just let them know you're there if they want to talk. Listen.**



**Only make an effort with people who make you feel good about yourself**



**Eat as well as is possible under your circumstances and try to do some exercise (in so far as your physical health permits of course)**



Look after your health  
first and other things will  
follow. Ignoring it will only  
make things worse!



Drink lots of  
water



Having lunch  
with a friend



Go for a walk and  
explore Oxford



Skype my  
pugs



Sing with my  
friends



I go running



Going to see  
people



Hug a  
friend



Dance to motown  
in your underwear



**Cheeky  
Nandos**



**Have something to  
always look  
forward to!**



**Watch inspirational  
movies/videos**



**Covering yourself in  
'milk' for charity, it  
always makes us smile!**



**Go to the  
gym**



**I pole dance**



**Look through  
photos from good  
times**



**Talk to my  
friends**



**Spent time with  
my friends**



**Bake**



Hot chocolate  
and cuddles



Play guitar



Meditating



Listen to  
music



Play the  
piano



Running



Have a cup  
of tea



Spending time  
outside



Chocolate!



I watch episodes of  
my favourite TV  
show



**Classical  
music**



**Go for a walk and  
listen to music**



**Go to a café**



**Petting  
huskies**



**Music**



**Go to the gym  
and drink tea**



**Get a good  
night's sleep.**



**Lie down and listen  
to music or an  
audiobook**



**Skype my  
dog**



**Show someone that you appreciate  
them through a small act of  
kindness. Doing good often leads  
to feeling good - You'll make their  
day as well as yours.**



**Go and explore  
nature**



**Go for a  
sleep**



**Talk to someone  
(even if it's your  
cat)**



**Make time for  
yourself (I read my  
kindle)**



**Make time for yourself  
(I go online with my  
Playstation 4)**



**Make time for  
yourself (I watch  
Netflix)**



**Taking the time out to make  
a brew with a friend & ask  
the all important question,  
'Are you okay?'**



**Get to a doctor - you can't cope with  
depression on your own and if you get a  
bad feeling about him get to another  
doctor. Use your gut instinct but get  
help. Don't try and sweat it  
out.**



**Begin each day with a list  
of things you want to  
accomplish. Save it to  
your phone.**



**A hot drink like a cup of  
tea, hot chocolate, or herbal  
tea always helps me take a  
breath and feel calm**



**You don't have to tell your counsellor everything all at once. Take it at your own pace. It's a journey**



**Don't suffer in silence**



**Exercising with a friend can often make it less of a chore. It's also a helpful way to get you out of your room**



**Take a break to go outside and look up. Seeing the vast expanse of the sky sometimes helps to put things in perspective**



**Breathe really deeply in and out for 3 breaths. This always helps me when I feel on the edge of being able to cope with a situation**



**Carry a water bottle wherever you go. Try to drink more water: it really does help to stay hydrated**



**Know your peak times for productivity. Notice your energy levels throughout the day**



**Step outside. If it is warm, feel the sun shining down on your face. If it is cold, feel the breeze. How does it make you feel?**



**Counselling is a two-way process. You have to be proactive in making positive changes in your life**



**Be honest. Your GP isn't there to judge you or label you. Honesty goes a long way**



**Talk, talk, talk until  
whatever you're feeling  
passes. Someone is always  
there for you**



**When I feel stressed, ringing a friend  
or relative helps so much. You don't  
even have to talk about what's making  
you stressed, but just chatting makes  
me feel so much better.**



**When seeing a GP I haven't  
met before, it helps to check  
the surgery website and see  
a photo of the GP.**



**Make an account on Mind's  
'Elefriends' where you can  
meet people who are  
struggling and just talk.**



**You'll never fail,  
until you stop  
trying**



**You can request a  
female or male GP  
as you prefer**



**Be open and curious  
to what counselling  
has to offer**



**Make YouTube playlists for  
different moods, this could be cat  
videos for when you're sad or 5  
minute guided meditations for  
when you're stressed**



**Make a mental health  
toolkit, and fill it with  
RippleTips**



**You are braver than you  
believe, you are stronger  
than you seem and smarter  
than you think**



Have something long term that you can invest in, like watching a box set or reading a book. It is good for giving you some consistency when you need to wind down.



Put a sticker on a sheet of paper every time you are feeling happy, or something good happens. This way you can look at a big sheet of stickers and it's harder to dispute that you can be in a good mood again.



The secret to true confidence? Rationalise everything!



Never suffer in silence: a problem shared is a problem halved



Asking for help doesn't make you weak



Set no limits and make every day count



Fresh air sets me up for a good day

