

# NTSU's Pocket-sized **Wellbeing** guide



NOTTINGHAM TRENT STUDENTS' UNION

*Your Student Life*

**Whether it's finding time for yourself or learning to give your body the nutrition it needs, your wellbeing is important. In this guide you'll find information and advice on how you can prioritise it.**

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# Wellbeing

Your wellbeing is important but, between balancing your studies, living away from home and all the other things that come with life as a student, it isn't something a lot of us find time to focus on.

It's important to make time though. Here are just some of the things you can do in your day-to-day life to make a difference.

## Get enough sleep

It might sound simple but we need sleep to repair and recover. Not getting enough of it can negatively impact your mental health.

## Exercise

Exercise releases endorphins which boost your mood, meaning it is great for your mental and physical health. See pages 4-5 for some exercises you can do from home.

## Spend time outside

Spending time outdoors can have huge benefits for your mental health and wellbeing. Walk regularly instead of driving or using public transport and you're sure to see a difference.

## Talk to someone

Whether it's a friend or a professional, sharing any problems you're having can really help. A problem shared is a problem halved as they say!

We understand that maintaining your wellbeing isn't always as simple as making a few little changes, and we're here for when it isn't. Our Information and Advice Service are trained experts who offer advice and guidance on everything from money matters to mental health.

Visit [www.trentstudents.org/IAS](http://www.trentstudents.org/IAS) to find out more.

# Exercise

Working out has been proven to have all sorts of positive impacts on your mental health and wellbeing, from clearer thinking to improved self-esteem.

You don't have to be a member of a gym to reap these rewards either. There are so many exercises you can do from the comfort of your own home without any equipment at all.

Your VP Sport, **Ollie** demonstrates some of his favourites below.

## Squats

Stand with your feet shoulder width apart with your arms in line with your shoulders. Lower yourself by bending your knees until they are nearly at a right angle, keep your back straight and make sure not to let your knees extend over your toes. Use a wall for support as shown if you're just starting out. **Repeat 12 times.**

For legs  
& glutes

For  
chest  
& arms



## Ollie Judd

VP Sport



[vpssport@su.ntu.ac.uk](mailto:vpssport@su.ntu.ac.uk)



NTSUvpSPORT



0115 848 2918



NTSUvpSPORT

I am the voice of student sport at NTU, providing inclusive and engaging sporting opportunities to students across all three campuses.

## Press-ups

**Regular:** Get into a press up position, ensuring your hands are slightly wider than shoulder width apart. Don't flare your elbows. Lower yourself to the ground, hold for a couple of seconds and push yourself back up slowly. **Repeat 8 times.**

**Diamond:** Assume a press up position again, only this time, join your hands in a diamond shape directly underneath your chest. Repeating the press up in this position will work your arms as well as your chest.



## Plank

The plank position (see above) is great for strengthening your core. Rest on your forearms, squeeze your glutes and tighten your abdominals, keeping a neutral neck and spine, and **hold for 20-30 seconds.** For an added challenge turn the plank position on its side as shown and hold for another 30 seconds. Switch sides and repeat.

# Lending a hand

Volunteering is a great opportunity to improve someone else's wellbeing as well as your own and there are a number of opportunities to volunteer with the Students' Union.



**volunteering@su.ntu.ac.uk**

## VOLUNTEER

### One-off volunteering

If you're short on time, you can get involved with one of our one-off opportunities. They run throughout the year and allow you to get involved on an informal basis as and when you can.

### Student-led projects

If you've got a little more time to spare and a cause you're dedicated to, you can set up your own volunteering project. With staff support you will come up with a project plan and then recruit students who will volunteer with you. Examples of this might be throwing a Christmas party at an elderly person's home or doing a spot of gardening at a community allotment.

### Micro-volunteering

We also have micro-volunteering opportunities available online so you can volunteer without even leaving the house!

For more information on all of NTSU's volunteering opportunities and how you can get involved, visit **[trentstudents.org/volunteering](https://trentstudents.org/volunteering)**.

# Finance

Managing your money is one of the biggest challenges that comes with being a student. Rent, food, bills, travel and social events are just a few of the things you'll have to take into consideration.

Here are some tips for saving as a student:

## Budget

This may be an obvious point but keeping an eye on your spending is a sure-fire way to save. You'll soon see how that £2 coffee you have every morning mounts up and find out where you need to cut back or where you could afford to spend a bit more.

## Make the most of student discounts

The Totum App will get you discounts across the city, from popular restaurants to clothing shops. You can find out more about them and how they can help you save at [nus.org.uk](https://nus.org.uk).

## Say no

University comes with a lot of invitations whether they be to a coffee and catch up or a big night out. Remember it's fine to say no sometimes. If that coffee or night out is the difference between dipping into your overdraft or not, turn it down. You could always put a cheaper alternative like a movie night at yours on the table instead.

## Batch cook

Once you've got the ingredients, batch cooking meals is another great way to save. Things like lasagne, curry and shepherd's pie are all super easy to make multiple portions of and having them in the freezer as backups will save you from spending on takeaways and other impromptu meals.

# Alcohol & drugs

Socialising plays a huge part in your university experience and, for a lot of people, so does alcohol. It is important to be aware of how much you are drinking and how it can impact your health.



## The recommended weekly allowance of alcohol is 14 units.

To help you put that into context, here is a list of common drinks and how many units they add up to.

Type of drink	Number of units
Single spirit shot	1 unit
Alcopop	1.5 units
Small glass of wine	1.5 units
Pint of beer / cider	3 units
Can of beer / cider	2 units
Large glass of wine	3 units
Double measure of spirit	2 units



### Health risks associated with excessive drinking:

- Increased blood pressure
- Lack of sleep
- A higher risk of cancer
- Heart disease
- Brain damage

## Drugs

When combined with drugs, these risks only increase. There is a lot of misinformation surrounding drugs and substance abuse in general. For reliable facts and information on the long-term and short-term effects of taking drugs; visit the Talk to Frank website [www.talktofrank.com](http://www.talktofrank.com).



# Respect and consent

Your Students' Union and University are diverse and vibrant places where you'll be able to meet lots of different people. Everyone who studies or works here is respected and valued as a member of the community. Dignity and respect are important foundations for this. All students and staff are expected to treat each other with respect and be respected in return.

## Discriminatory and negative behaviour is not tolerated and can also be unlawful.

### This includes:

- Sexism
- Racism
- Misogyny/misandry
- Transphobia
- Homophobia
- Sexual assault
- Sexual violence



[www.trentstudents.org/hatecrime](http://www.trentstudents.org/hatecrime)



[www.trentstudents.org/advice](http://www.trentstudents.org/advice)

## If something is affecting your studies or your time here:

• **Challenge it** - If it's safe to do so, find a way to challenge any negative attitudes or behaviours. If your friend uses a potentially offensive word as slang, call them out.

• **Report it!** - The Students' Union is a Hate Crime Reporting Centre, which means you can report any hate crime you experience through us. You can also speak to the University's support department or get in touch with our Information and Advice Service about problematic behaviour.



[www.ntu.ac.uk/life-at-ntu/support](http://www.ntu.ac.uk/life-at-ntu/support)

# Executive Officers

Your elected Student Officers are here to help you with any problems, issues or ideas you may have while studying at NTU. You can find out more about their roles and how they can support you at [trentstudents.org/youreps](https://trentstudents.org/youreps)



## Bradley Fox

President

Responsible for the governance of the Union.

✉ [president@su.ntu.ac.uk](mailto:president@su.ntu.ac.uk)

☎ 0115 848 2913



## Afua Acheampong

VP Education

Represents students on all academic issues.

✉ [vpeducation@su.ntu.ac.uk](mailto:vpeducation@su.ntu.ac.uk)

☎ 0115 848 2914



## Shak John-Lewis

VP Postgraduate

Represents postgraduate students at NTU.

 [vpgraduate@su.ntu.ac.uk](mailto:vpgraduate@su.ntu.ac.uk)

 0115 848 2917



## Jack Purdie

VP Activities

Supports NTSU's diverse range of societies.

 [vpactivities@su.ntu.ac.uk](mailto:vpactivities@su.ntu.ac.uk)

 0115 848 2915



## Liv Broad

VP Community & Welfare

Offers support for students on all aspects of welfare.

 [vpcommunity@su.ntu.ac.uk](mailto:vpcommunity@su.ntu.ac.uk)

 0115 848 2916



## Ollie Judd

VP Sport

The voice of student sport at NTU.

 [vpssport@su.ntu.ac.uk](mailto:vpssport@su.ntu.ac.uk)

 0115 848 2918

# Accommodation

From choosing the right accommodation to getting your deposit back, chances are you might experience some housing-related issues during your time at NTU. Don't worry - we're here to help you through them.

## Compare Halls of Residence

We've put together a handy check list that allows you to compare different Halls of Residence and choose the right one for you.

You can find it at [\*\*trentstudents.org/housing\*\*](https://trentstudents.org/housing).

## Have your contracts checked

Unsure of your housing contract and whether you should sign it? Have our Information and Advice Service check it first. [\*\*trentstudents.org/IAS\*\*](https://trentstudents.org/IAS).

## Deposit disputes

NTSU's Information and Advice Service can also help if you're having trouble getting your deposit back.

## NTU Accommodation Service

The University also has its own accommodation service that can help with everything from finding accommodation to paying your bills.

Visit [\*\*ntu.ac.uk/life-at-ntu/accommodation\*\*](https://ntu.ac.uk/life-at-ntu/accommodation) to find out more.

# Try something new

Trying new things is an essential part of your personal development, which means it's part of looking out for your wellbeing too. Here at the Students' Union, there are so many opportunities for new experiences.

## We have:

Visit [trentstudents.org](http://trentstudents.org) for more information.



Over 110 societies and over 60 sports clubs to join.



Opportunities to volunteer and fundraise for charity (see page 6).



Day trips to destinations around the city.



Events and activities that cater to a huge range of interests.

# Nutrition

We all know how important a balanced diet is for your health so we won't bore you with information on the fruit and veg you should be eating each day.

Instead, we've put together a list of foods that have been proven to boost your brain function.

Whether you've got an exam coming up or you just need to shake the post-lunch drowsiness, these four foods should do the trick.





## Blueberries

Blueberries have been shown to positively impact memory so they're ideal for revision purposes!

## Avocado

Avocados promote healthy blood flow which is essential to your brain function.



## Nuts and seeds

If you want to stay sharp, you might want to think about incorporating nuts and seeds into your diet. They help delay aging of the brain.

## Fish

The Omega 3 contained in fish is great for all sorts of things relating to your brain including memory and depression.



# Time management



Managing your time properly is essential for handling stress and anxiety, especially with all the exams and deadlines you deal with as a student.

Here's a weekly planner we hope will help.

Once you've filled this one in, scan the code above to get a printable version you can use again and again.

**WEEK**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**WEEKEND**

**NOTES**

# Safety

In order to get the most out of your university experience, it's important to be aware of your safety.

Here are some precautions you can take to make sure you stay out of harm's way.

## Never walk home alone

NTSU has an agreement with Nottingham Cars that means you can get a taxi home whenever you need to and pay for it the following day. That means there's no excuse to walk home alone. For more info on this scheme visit [www.trentstudents.org/taxi](http://www.trentstudents.org/taxi).



## Be aware of your limits

Consuming too much alcohol could put you in a vulnerable position. Make sure you take our advice on pages 8 and 9 and be aware of your limits.

## Get insured

Covering yourself against a break in or the loss of your belongings with insurance is a good idea. You can do it online in a matter of minutes and it means you'll never have to go without.

## Lock up

It might sound like an obvious point but making sure windows and doors are locked is something a lot of people take for granted and overlooked. Your insurance company are unlikely to pay out if you've forgotten to take these basic precautions in the first place.



## Keep your phone charged

iPhone batteries are notoriously short but try to remember to keep them charged when you can, that way you'll always be able to get in touch with someone if you need to. You can always buy a portable charger to be extra safe.



# Unsure of who to contact?

Are you concerned about your personal safety?

## Information & Advice Service

0115 848 6260  
[sac@su.ntu.ac.uk](mailto:sac@su.ntu.ac.uk)

## University Security

0115 848 2468 - City  
0115 848 6600 - Clifton  
0115 848 5262 - Brackenhurst

Are you concerned about your physical or mental wellbeing?

## Information & Advice Service

0115 848 6260  
[sac@su.ntu.ac.uk](mailto:sac@su.ntu.ac.uk)

## University Doctors

0115 848 6481 - City  
0115 848 3100 - Clifton  
01636 813561 - (Brackenhurst not affiliated)

## Wellbeing Service

[www.ntu.ac.uk/wellbeing](http://www.ntu.ac.uk/wellbeing)

## Silver Cloud

<https://ntu.silvercloudhealth.com/signup/ntu/>

Are you concerned about your financial wellbeing?

## Information & Advice Service

0115 848 6260  
[sac@su.ntu.ac.uk](mailto:sac@su.ntu.ac.uk)

## Accommodation Service

0115 848 6260

## Financial Support Service

0115 848 6260  
[financial.support@ntu.ac.uk](mailto:financial.support@ntu.ac.uk)

Your Vice President Community & Welfare, **Liv Broad**, is also available to take your calls and emails.



If you have any questions about the information in this guide, or any support you think you might need during your time at NTU, here's who to get in touch with.

**Are you concerned about your housing finance?**

**Information & Advice Service**

0115 848 6260  
sac@su.ntu.ac.uk

**Accommodation Services**

0115 848 2894

**Support Services**

0115 848 249  
support@ntu.ac.uk

**Are you concerned about your academic performance?**

**Your personal tutor**

**Your Course Rep**

**Information & Advice Service**

0115 848 6260  
sac@su.ntu.ac.uk

**Your Library**

0115 848 2175

**VP Education  
Afua Acheampong**

0115 848 2914  
vpeducation@su.ntu.ac.uk

**Are you receiving all the support you need?**

**Information & Advice Service**

0115 848 6260  
sac@su.ntu.ac.uk

**Disability Support**

0115 848 2085  
disability.support@ntu.ac.uk

**Dyslexia Support**

0115 848 4120  
dyslexia.support@ntu.ac.uk

**Liv Broad**

VP Community & Welfare



vpcommunity@su.ntu.ac.uk



0115 848 2916



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NOTTINGHAM TRENT STUDENTS' UNION

*Your Student Life*

**For up-to-date info on all  
our support services follow  
us on social media**



[www.trentstudents.org](http://www.trentstudents.org)



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[@trentsu](https://www.instagram.com/trentsu)

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**YOUR  
SUPPORT**