

Your Wellbeing Guide



Counselling and Disability Support
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Your wellbeing Guide

Living in the new normal is inevitable after the global pandemic. All of us experience upheaval in this unprecedented time, because it is an unfamiliar situation for people to cope and adjust to the new standard of routines and lifestyles. There are still a lot of uncertainties and we do not know whether if this is going to be a temporary situation.

Uncertainty affects how we perceive things and make us feel **stressed, anxious, lonely, angry, depressed**, and other negative emotions.

For instance, you may feel **panic and fear** (mind) when there is a rumour spreading in your neighbourhood, you dwell on the rumour which may cause you to have **sleep deprivation** (physical) and **poor concentration** (mind). Gradually, you **isolate** yourself and immerse in social media (social). As a result, your daily functioning and performance would be jeopardised, and this will become a vicious cycle in your life if it is left unattended and untreated.

Below are the common reactions that you could observe when feeling overwhelmed or stressed:

Physical	Drastic change in sleeping pattern and appetite, severe tiredness, constant headache or dizziness
Mind	Overthinking, anxious, irritability, poor concentration, low mood, feeling disconnected
Social	Isolated, withdrawn, high social-media use

Despite the changes, you are encouraged to be more prepared and stay agile in adapting to the new normal.

So, what can you do if you feel tremendously tough and overwhelmed?

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TAKE A SMALL STEP EACH DAY TO MOVE FORWARD



EAT

Set regular mealtimes, avoid excessive drinking and binging.



STAY ACTIVE

You have 1,440 minutes in a day, spend at least 15 minutes to do a simple exercise and stay active as it can help to maintain good health and improve your mood.



SLEEP

Avoid using electronic devices.
Avoid large meals and caffeine before bedtime.
Set regular sleeping hours and make sure the bedroom is quiet and comfortable.



BE MINDFUL

Be present of the awareness itself regardless of the situation, rather than dwelling on the past or worrying about future.

Try out [Headspace](#), or [UCLA Mindful Awareness](#)



BREATHE

Practise breathing technique to manage your stress and negative emotions.

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BALANCE

Make time and find a balanced way in managing your life, set realistic goals and take breaks.



CHALLENGE

Manage negative thoughts by identifying what triggers you and challenge unhelpful thoughts by looking for evidence.



ACCEPTANCE

Accept the positive and embrace the negative feelings.



CONNECTION

Limit social media consumption and increase social support by spending time with family and friends.



TALK

Seek help or support from your family member or close friend; and/or a professional (counsellor/clinical psychologist/psychiatrist).

For student:

Counselling and Disability Support
counsellinganddisability@hw.ac.uk
Monday-Friday (9am-5pm)

For staff:

Carefirst- EAP
Employee Assistance Programme
<https://carefirst-lifestyle.co.uk>
HR contact: hr.my@hw.ac.uk