

Welcome to the Student Wellbeing Newsletter

We hope 2020 has started well and you are enjoying the term so far.

For those who are new to the newsletter, it always contains a different topic each month around student wellbeing.

Every edition highlights a useful app in 'App of the Month', whilst 'Mental Health in the Media', includes links to interesting articles on mental health and wellbeing.

This edition also has an article on "how to fail with Elizabeth Day"

App of the Month: Catch it

This is a free app developed by the Universities of Manchester and Liverpool. It is designed to help make sense of your moods and illustrate some key psychological approaches to mental health and wellbeing, in particular cognitive behavioural therapy <https://www.liverpool.ac.uk/csd/app-directory/catch-it/>



Mental Health in the Media

This month we would like to highlight "All hail kale" podcasts by Tim Samuels. Tim is an award winning documentary film maker, journalist and broadcaster who has won three Royal Television Society awards and best documentary at the World Television Festival. He takes an engaging, entertaining and evidence based approach to a wide variety of wellbeing issues.

Here are some recent titles:

Zap your mood better "The exciting promise of technology to tackle depression and anxiety, plus putting a wearable device to the test, with fascinating results. A new frontier for mental health"

Is exercise insanity? "The latest research on how much exercise our bodies and minds actually need. Should we be aping our caveman ancestors? And burning 1600 calories can be as potent as Prozac"

<https://www.bbc.co.uk/programmes/p06wwsrk/episodes/downloads>

How to fail with Elizabeth Day

Many students I have met at Imperial struggle with what to do when things don't go to plan. Often, this is closely linked to perfectionism as well as pressure generated from social media. However, although learning through failure is painful it is often when we learn the most. So when a colleague told me about these podcasts I was intrigued and interested.

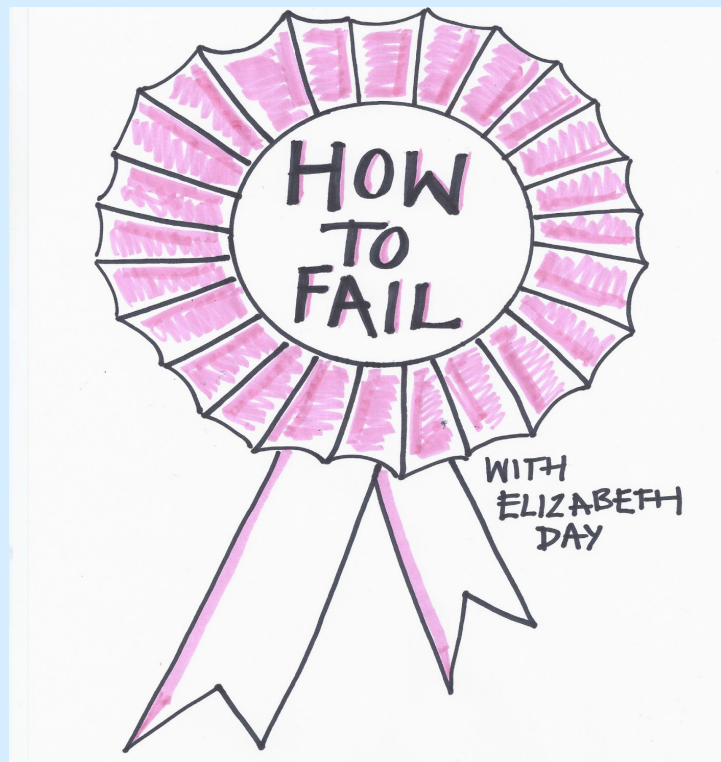
Novelist, broadcaster and journalist Elizabeth Day is the creator of "How to fail with Elizabeth Day" .

These podcasts "celebrate the things that haven't gone right". The original idea for the podcasts came to Day in 2017 after she was "dumped" following a two year relationship. She started to think more deeply about what failure meant.

Each week, she interviews well known people about three of their biggest failures. Interviewees include Fearne Cotton, Malcolm Gladwell and Mabel.

They share deeply personal experiences and give thoughtful and humble insights into what these have taught them. As Day said in an interview with the Independent last year "You can look at people and think they have everything, but to hear them say they've failed is an incredibly democratising thing. Opening up to that shows vulnerability, and connecting to what makes us most vulnerable is what makes us human."

Her podcasts can be found here: <https://howtofail.podbean.com/>



Life Skills Workshops at the Imperial Student Counselling and Mental Health Advice Service

Introducing Mindfulness for Students Workshop: 10th February 2020 16-18:00

Undergraduate Stress Management Workshop: 10th February 2020 14:45 - 16:45

Procrastination Workshop: 12th February 2020 14:45 – 16:45

Sleep Well Workshop: Tuesday 25th February 2020 11:00 - 12:30

Several useful workshops are being run in February. For details and booking please see:

<https://www.imperial.ac.uk/counselling/events-and-workshops/>

Workshops at Imperial College Health Centre

Work and Exam Performance Workshops 5th March, 19th March, 30th April 2020

Resilience Workshops 6th and 27th February, 7th and 28th March 2020

Social Media workshop 13th February 2020

For details and booking please see:

<https://www.imperialcollegehealthcentre.co.uk/health-wellbeing/workshops/>

Free local events

[Free tours at the Victoria and Albert Museum](#)—including theatre and performance, behind the scenes tour of the conservation studios and fashion in focus.

[Science museum lates](#)—mostly free events 18.45-22.00 on the last Wednesday of every month.

[Imax Cinema Science Museum](#)—Some free lunchtime screenings when you show your Imperial college Card, see website for further details.



WORKSHOPS

February 6th is “**time to talk**” day 2020.

“Choose talk, change lives.

Mental health problems affect one in four of us, yet too many people are made to feel isolated, ashamed and worthless because of this. Time to Talk Day encourages **everyone** to be more open about mental health – to talk, to listen, to change lives.

We know that talking about mental health can feel awkward, but it doesn't have to. This year, we're using the popular game '**Would you rather?**' to help break the ice and get the conversation flowing”

<https://www.time-to-change.org.uk/>



If you would like to make an appointment about your wellbeing or contribute to the newsletter please email: m.langan@imperial.ac.uk