Hello!

Now that the start of term is over I hope that you are settling in well. The newsletter this month includes some recommended podcasts including the new features; ‘App of the Month’ and ‘Mental Health in the Media’. From now on each newsletter will contain a brief description of an app which could be beneficial for your wellbeing, as well as a reference to a piece in the media connected to Mental Health and Wellbeing.

We are also really excited to launch the Student Wellbeing pages on the Mech Eng home page. These pages will have information on events and workshops, contain an archive of the old newsletters, as well as sign posting to other sources of support. We

**Mental Health in the Media**

It has long been know that there is a strong link between loneliness and Mental Health. Recently 55,000 people worldwide took part in the BBC’s Loneliness Experiment in collaboration with Wellcome Collection, making it the largest survey of its kind in the world.

Following on from this BBC Radio 4 produced a series of programmes called the ‘Anatomy of Loneliness’ which looked into the findings. These programmes can be found on the new BBC sounds app or on the BBC website.

**App of the Month!**

**Breathe2Relax:** Breathe2Relax is a portable stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing. Breathing exercises have been documented to decrease the body’s ‘fight-or-flight’ (stress) response, and help with mood stabilization, anger control, and anxiety management.
Podcasts can be fun, entertaining and interesting, and more often than not you’ll learn something new! They are a great way to relax, help you go to sleep, take a break and can also be a good distraction if you are feeling low, anxious or stressed. Below is a list of some of the more popular podcasts covering a variety of topics, which are all available on a variety of platforms for free—there should be something for everyone! For fuller details visit the new wellbeing pages on the Mech. Eng. homepage. There are many, many, many more podcasts than are listed below. This is just a starting point...

### History
- The Memory Palace
- An American History

### True Crime
- Serial
- All Killa no Filla

### Comedy
- Adam Buxton Podcast
- Answer Me This!
- News Roast
- 2 Dope Queens

### Film
- How Did This Get Made
- The Director's Cut
- Mark Kermode And Simon Mayo's Film Reviews

### Books/ Writing
- Imaginary Worlds
- The Thrilling Adventure Hour

### Health, Fitness and Nutrition
- Deliciously Ella: The Podcast
- The Food Medic
- Muscle For Life
- The Joe Rogan Experience

### Mental Health/ Psychology
- The Hilarious World of Depression
- All in the Mind
- Appearance Matters

### Music
- Bigmouth
- Sodajerker On Songwriting
If there are any topics or anything you would like covered in future wellbeing newsletters please let me know: sophie.hughes@imperial.ac.uk