Hello!

First of all welcome to all the new students and also welcome to the first edition of the Mech. Eng. Student Wellbeing Newsletter. I hope to produce a regular newsletter for students in all years based around supporting and improving wellbeing. In this newsletter, as well as introducing myself, there is some information on apps that you may find useful for your wellbeing.

I hope that it useful and that you enjoy reading it! Sophie

Hello, I’d like to take this opportunity to introduce myself. My name is Sophie and I am the new Student Wellbeing Advisor for the Department of Mechanical Engineering. This is a new post and enhances the support students receive from their personal tutors.

I am available to speak to on a one-to-one basis if there is anything which is causing you upset or distress. You can drop-in or email to make an appointment. You can come and talk about a range of issues including settling into college life, relationships and friendship worries, family worries, mental health difficulties, loneliness, concerns about substance or alcohol misuse. There is no obligation or commitment; it can be a one-off chat to download how you’re feeling or signposted to some on-going support.

I will be in college on Thursday, Fridays and occasional Wednesdays – please check the Wellbeing Board by Mechspace for the dates of the Wednesdays I will be in. You will be able to find me in either the UG office or Room 707.

If you see me around the department please feel free to say hi!

Sophie
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Wellbeing Apps

The start of term is often a time when we reflect on various aspects of our life and look to make some changes, it may be that you feel you need to increase the amount of exercise you do, that you wish to improve or alter your diet or it may be that you would like to make changes to your study habits. Below are some apps which may help with your wellbeing. Whether or not you find an app useful can vary from person to person, but you can try by starting with some of the ones listed below and see which one(s) work for you?

**Healthy Lifestyle**

**Couch to 5k:** Walk and run your way to 5k this Couch to 5k app designed to take total beginners from walking to running for 30 minutes in just 9 weeks. Millions of people have already started running with our simple Couch to 5k plan - so download it now, grab your trainers and get ready to become a runner.

**Smart Recipes:** The Smart Recipe app from Change4Life is an easy way of helping you prepare tasty, healthier meals.

**Yoga Studio:** With the Yoga Studio app you can easily start your day with a customised yoga class from only 10 minutes to a full hour. The app offers a huge selection of ready made classes to suit you whether you’re a beginner or lifelong yogi.

**Addictive Behaviour**

**Rise Up** Rise Up + Recover is an app for people struggling with food, dieting, exercise and body image. The app is based upon self-monitoring homework, a cornerstone of cognitive behavioural therapy (CBT).

**Drinkaware:** Want to change the way you drink? Get the Drinkaware app; track your alcohol consumption and spend over time, calculate units and calories and set goals to help you moderate your drinking!

**Smokefree:** The Smokefree app can help you stop smoking by giving daily support and motivation. If you stay smokefree for the 4-week programme you’re up to 5 times more likely to quit for good.

**Sleep and Relaxation**

**Sleep Cycle:** Waking up groggy and confused can put a dampener on your whole day. Designed to wake you up naturally, the Sleep Cycle alarm clock app analyses your sleep patterns and then wakes you up at the optimum time to help you feel refreshed and ready to take on the world. The app listens for the sounds of movement while you’re sleeping and then calculates whether you’re in a light or deep sleep phase. Promising to gently draw you out of sleep when you’re ready, within a thirty-minute window of your chosen wake up time.

**Isleep Easy:** Drift off to sleep and sleep more deeply with a wide variety of guided meditations. You can listen to the meditations with or without several choices of music or nature sounds. In addition, you can create your own sleep program using a Playlist feature which allows you to listen to up to six meditations in one session, choosing which music or nature.

**Relax Melodies:** Relax Melodies is a relaxation and sleep app that allows you to select sounds and melodies that you like and combine them to create a mix. Lay back, listen, and enjoy falling asleep.
**University Life and Study Habits**

**TSR:** Whether you’re stuck on a question, need a bit of motivation or just generally want to chat with other students, TSR can help keep you get organised and on-track. You can get homework advice, find new friends with similar interests and experiences and get confidential and anonymous advice on a wide variety of topics from education and jobs to relationships and health.

**Imperial Mobile:** Imperial Mobile is a mobile app enabling students to access College information and services anytime, anywhere.

**Be Focused:** Staying on task can sometimes be a challenge. Be Focused lets you get things done by breaking up individual tasks among discrete intervals, separated by short breaks. It’s a surprisingly effective way to retain motivation and focus. Create tasks, configure breaks and track your progress throughout the day, week or custom period.

**Todoist:** Managing dates, tasks and events hasn’t got to be hard if you download Todoist helps you to manage dates, tasks and events, by letting you schedule and organise reminders and notes. The app allows you to place tasks into 'projects', so you can break up parts of a essay into sections and give yourself suitable chunks of time to complete each part in. You can also organise your weeks into tasks, so you'll never lose track of what you need to do next.

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**Phone Use**

**Flipd:** Spending too much time on your phone can be bad for your mental health. Flipd gives you back your time and helps you refocus your attention on things that make you happy, productive, and present.

**BreakFree:** BreakFree will help you maintain a controlled digital lifestyle. It monitors phone and app usage and tracks how addicted you are to your phone and apps. With visually appealing characters, graphs and stats, the app guides you on how you can control phone usage.

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**Motivation and Coaching**

**Balanced:** If you’re struggling to find the motivation to keep going with all those healthy habits you’ve been trying to get into, the Balanced app can really help you. The app is designed to put you in full control of your habits, helping you stay motivated to exercise, meditate, or even write your novel.

**Coach.me:** Coach.me is a coach that goes everywhere with you, helping you achieve any goal, form any habit, or build any expertise.

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**Budgeting/ Money Tracking**

**Yolt:** Sync your accounts in one view, see your spending clearly and do more with easy budgeting, international money transfers and energy comparison.

**Splitwise:** Splitwise takes the trouble out of sharing expenses – with friends, with roommates, with anyone. By keeping a running total over time, so you can pay each other back in one big payment, instead of a bunch of small ones.

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If there are any topics or anything you would like covered in future wellbeing newsletters please let me know

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Study Skills Efficiency

Drop-in Sessions

Do you have to put more effort into these techniques, even though you are very good at your subject?

YES?!

Talk with us at a fortnightly ‘drop-in’ starting Tuesday 16\textsuperscript{th} Oct 12 – 1 pm

CAGB room 747 (level 7)