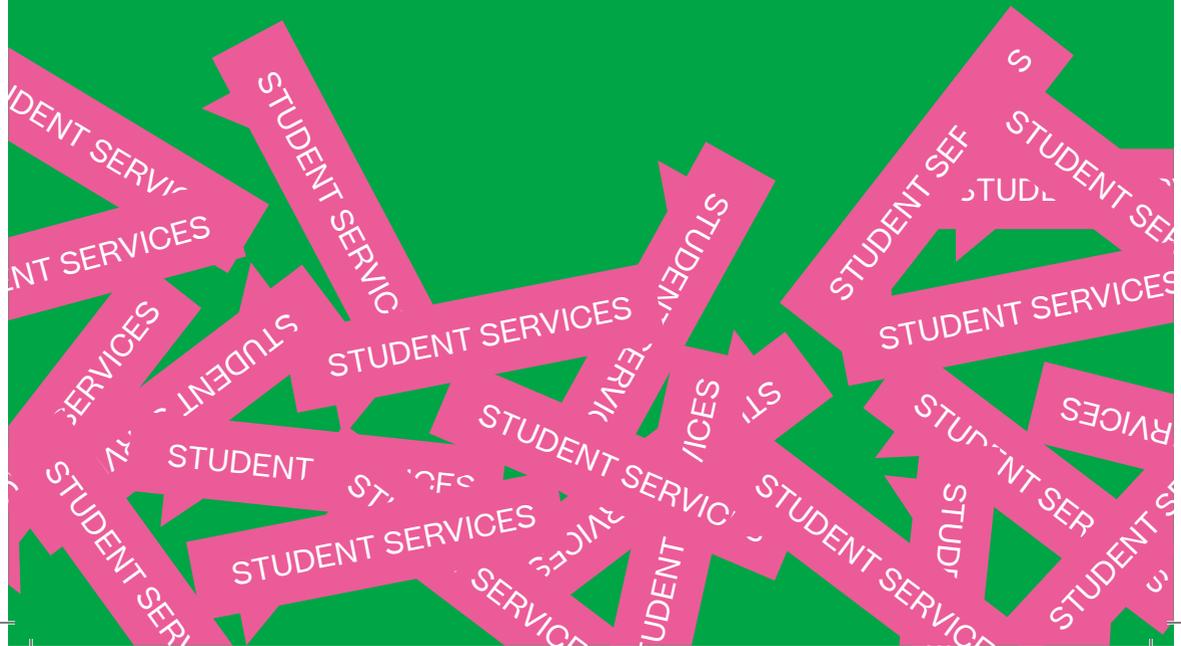


WELLBEING

Wellbeing's top tips and university survival guide



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We understand it can be stressful and nerve-racking to start at university, so we've put together a basic guide to help you navigate the coming weeks and months.

Living with others

It can be difficult living with other people, especially people you've never met before. There will no doubt be ups and downs during your time living together. Here are our top tips for living in harmony:

How we behave

- **Show respect** – treat others how you would want to be treated. If you think it would upset or annoy you, don't do it to others!
- **Be open-minded** – we are all individuals. Don't prejudge someone after one interaction with them.
- **Be clear and direct** with others, but not rude and aggressive. If there's an issue make sure you raise it as early as possible, this should prevent future conflict. Remember we're not mind readers!
- **Give others space**, everyone's different and may need time on their own. Knock before you enter someone's bedroom if their door is closed. If you're happy for others to come and talk to you then make sure you leave your door open!

Communicate with each other

- Talk to each other, get to know each other.
Be interested in your flatmates and find out more about them, but also accept some people may feel less able to open up and share too much about themselves. The sooner you do this the easier it'll be to live together, and your housemates will know that you are a good person to talk to.
- Talk about what you will and won't accept, there may need to be some compromise here. It's also a good opportunity to discuss scenarios, for example "what should I do if..."
- You don't always have to hang out together, but you might want to agree one night a week that you all have dinner together.

Rules

- Set rules early on, including agreements about cleaning, this way you all know where you stand and the expectations of each other from day one. It's also good to discuss visitors – we'd always recommend letting each other know if someone is coming to stay, but you might all agree something different.



Cooking

Make a weekly meal plan

Ward away the hangry temptations by planning your week's food out in advance. Planning out your meals including breakfast, lunch, dinner and snacks can save you bundles of cash in the long run as well as reducing your stress over the week.

Find meal plan ideas and other top tips at savethestudent.org/save-money/food-drink

Talk with housemates

Get talking with your housemates about what the kitchen situation is going to look like. Having open conversations upfront can save a lot of arguments further down the line. For example, will you cook together/separately/for the whole house on a rota? Are there any perishable ingredients which you can split between you?

Spice it up

Invest in some herbs and spices. At 60p-85p each, these pots will last for ages and will improve any meal. This means you can opt for the cheaper, 'basics' versions of foods, or even cook from scratch, and it'll still taste amazing.

Stock up on essentials

Foods like rice, pasta, chopped tomatoes and cooking oil are staple items which are very versatile and have long shelf lives. Sometimes it can be cheaper to buy these items in bulk.

Freeze

It can be tiring and expensive cooking meals for one person every night. Utilise your freezer to save yourself time and money. Why not cook for four and freeze three portions?

Meat-free days

We all know that too much meat is bad for the environment, our health as well as our bank balance. Try Meat-Free Mondays and bulk meals out with additional veg or meat substitutes.





Cleaning

Are you fully house-trained? Are your friends? Shared accommodation is where you'll find out! While fun and exciting, the reality of living full-time with your housemates can be trickier than you might expect. People you thought would be tidy might turn out not to be, and some housemates just never seem to be home! Here are our top cleaning tips for maintaining a peaceful and clean environment.

Wash up as you go

Dishwashers are a luxury of the past! It's good to get into the habit of washing up after you've made a meal. The more dirty washing up laying around the kitchen, the harder it is to wipe surfaces and keep the kitchen tidy in general.

Keep your fridge clean

Always remember to throw out your old food before it goes mouldy. It's also good to get into the habit of cleaning your fridge once a month.

Give kitchen surfaces a quick clean once you've finished

After you've made a meal in the kitchen, there's bound to be collateral damage... maybe some crumbs on the side, oil splashes and other spills. We recommend giving your surfaces a quick five-minute clean after you've used them.

Washing your clothes and bedding

While at home we may have become accustomed to having one washing machine per household. However, in university halls you might be sharing eight washing machines with 300 other students! If you're struggling to get your washing done, we'd encourage you to make good use of local laundrette services. Have a search online, there are some which now take card payments.

Top tip
Why not play music while cleaning to keep you motivated?







Routine and structure

While it can be tempting to dismiss routines as boring, they can be a great tool to help you stay focused, productive and positive. Find out how to create your own routine and help look after your mental health and wellbeing.

Use a diary

Building structure is only possible with the right tools, so write things down. Get a physical diary or planner or use a calendar on your wall. Put a mixture of university work, routine, fun activities and important dates like deadlines and student loan payments.

Schedule regular breaks

You are not a robot who can hold 100% levels of focus and motivation throughout the day. You're likely going to lose energy and will need to take regular breaks to restore yourself. There are many studies that show taking frequent breaks improve productivity and the ability to juggle work/life balance across stressful times.

Exercise and healthy eating

Regular exercise can be a great way to help regulate your mood – studies have even shown that in some cases it can be as effective as a course of antidepressants. Exercise could mean one of many things, not just the gym. It could include yoga, walking down the beach, cycling to uni.

Do not underestimate sleep

Sleep is the most important feature of constructing a routine, it's key in restoring both mind and body. Setting a regular wake time is a good way to experiment with your routine, you can always set a little bit of a later time for the weekend – we all deserve a lie in!

Top tip

If you're finding it hard to remember new parts of your routine, help yourself out and set alarms on your phone.





Money

Divide your student loan

There's nothing worse than getting a big lump of money, blowing through it in the first month and then living on beans on toast for the rest of the semester while your friends go out without you. When receiving your student loan instalments, make sure to divide the funds out by the number of months until you receive your next installment, and apply your budget to the monthly amounts.

Make a budget

It's always important to have an idea of your outgoings to stop you running out of money. Our Student Advice team are running 15-minute bookable appointments to discuss all things money, plus they have a handy budgeting tool to share.

Fence off your funds

Using separate bank accounts for each budget category can be a great way to keep track of your money. Budget categories may include utilities, food shop, 'fun money' and savings. Banks such as Monzo, Starling and Barclays also offer virtual savings 'pots' which helps you divide out your funds without going through the hassle of opening multiple accounts.

Use your student perks

- As a student there are some things which you can get for free or discounted. For instance, student houses containing exclusively full-time students are exempt from council tax.
- Some students may be eligible for free prescriptions, dental treatment and sight tests. To find out whether this applies to you, explore the HC2 form via the NHS website.
- The Totum Card (previously NUS card) gives you access to bundles of online and high-street discounts for only £14.99 per year (or £34.99 for three years).
- Save 1/3 on travel by purchasing the ‘16-25 Railcard’ or ‘Young Persons Coach Card’.
- Most banks offer interest-free student overdrafts of up to £1500. You usually have 2-3 years post-graduation to repay.

Standing orders/direct debits

Standing orders are a great way to take the hassle out of paying your bills and allocating money. You can schedule automatic payments to other people and companies as well as moving money between different savings pots.





Loneliness

It's normal to have feelings of loneliness

A recent university annual study found that almost one in four students are lonely most or all of the time. Anyone can feel lonely at any time in their lives.

Spend time on 'Self-Love'

Find activities you enjoy doing on your own. It's important that we are able to be alone at times, and be content with this. Loneliness is not always the same as being alone.

Keep in regular contact with friends and family

This doesn't have to be face to face, even sending messages can help people feel connected.

Seek out activities/social events

Try something different! The student union have a calendar of social events to join.

Visit [ubsu.co.uk](https://www.ubsu.co.uk) or follow them on Instagram.

Reach out if you are struggling

It's okay to tell others how you are feeling and seek support.

STUDENT SERVICES



Support

Are you worried about yourself or someone else?

The wellbeing team provide a safe and non judgemental space to share any worries or concerns you may have either about yourself or someone else. Please come and see us at the Student Services building during our drop-in sessions. We also run an online drop-in service via MS Teams, these slots can be booked via MyAUB.

AUB also have a counselling service, providing support with managing emotional or personal issues in a safe and confidential setting. The AUB Counselling Service is student focused and we offer single therapeutic sessions for one hour, booked on a session by session basis.

You can access the bookings page for counselling and wellbeing at bookings.aub.ac.uk

For more information please visit aub.ac.uk/wellbeing

Monthly Budget

School	Budget	Actual
Tuition Fees		
Textbooks		
Equipment		
Total		

Bills	Budget	Actual
Rent		
Internet		
Phone		
Subscriptions		
Transport		
Total		

Other	Budget	Actual
Groceries		
Eating out		
Shopping		
Total		

Cleaning Rota

	Flatmate 1 Tasks	Flatmate 2 Tasks	Flatmate 3 Tasks	Flatmate 4 Tasks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Useful Contacts

Please find contact details for student services

Wellbeing

wellbeing@aub.ac.uk

You can find more information about us and our opening times at ***aub.ac.uk/wellbeing***

Student advice

studentadvice@aub.ac.uk

aub.ac.uk

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