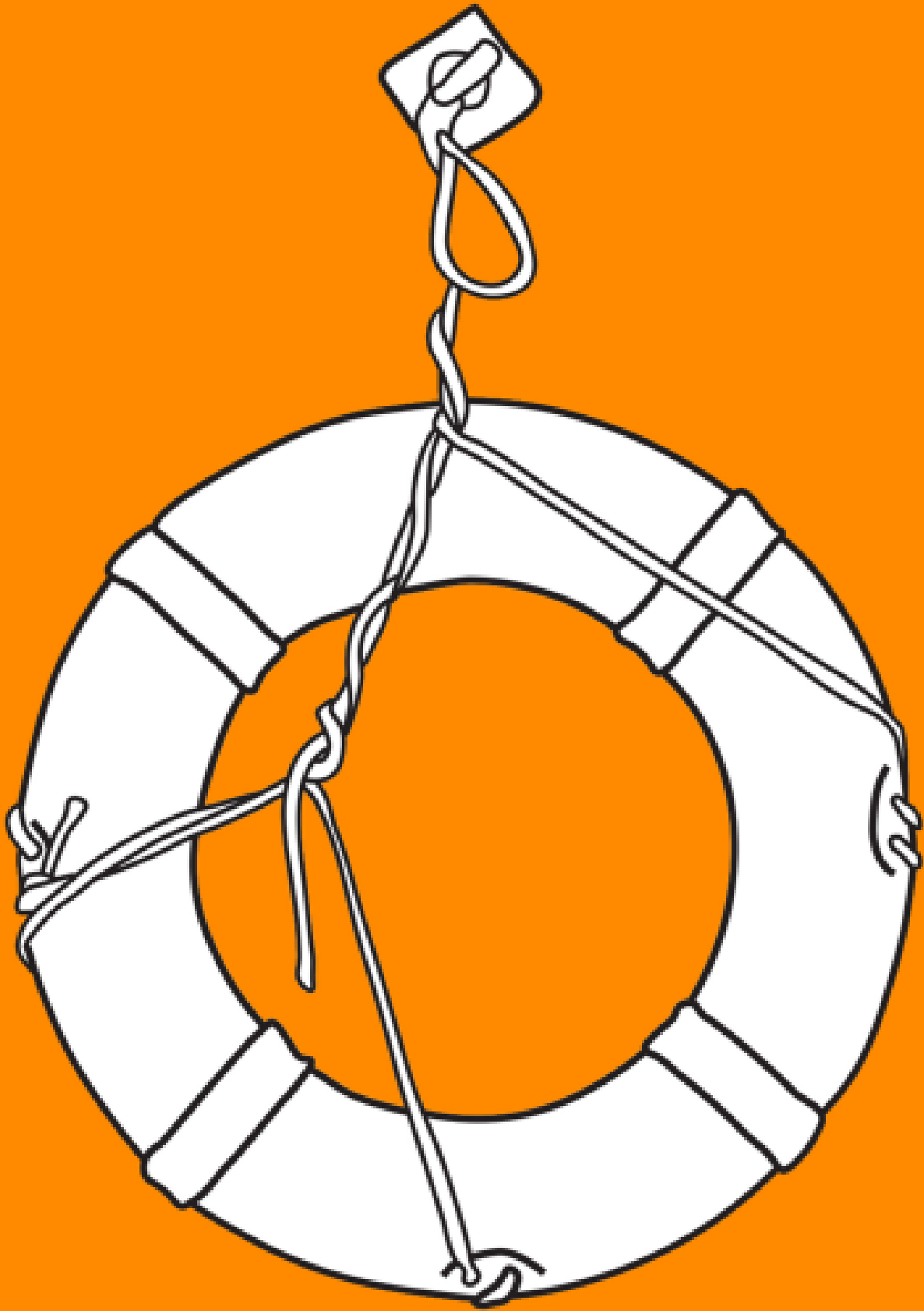


# Study / Wellbeing Pack



# Welcome to Study Well@NCL

As you prepare your final assignments and in the lead up to exams, we recognise it can be a stressful time for many. The aims of [Study Well@NCL](#) are all about support - how we can support you, and how you can support yourself and others.

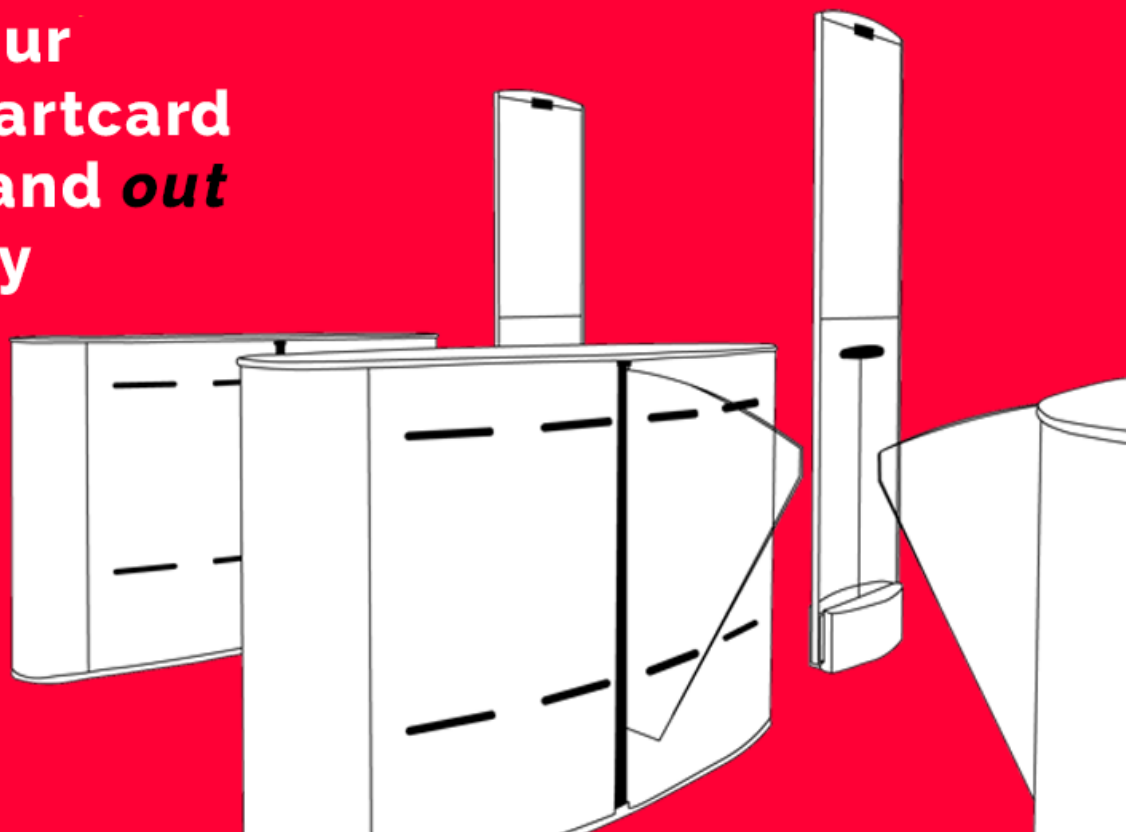
Our Study/Wellbeing pack includes exam revision tips, reminders on using the library during this busy time, and wellbeing advice and activities for those times when you need a well-deserved break.

You can also pick up a physical copy of this pack - available in the libraries during **Wellbeing Wednesdays**.

**24/7 support when you need it.**  
**libhelp.ncl.ac.uk**



**You need your  
physical smartcard  
to swipe *in* and *out*  
of the library**



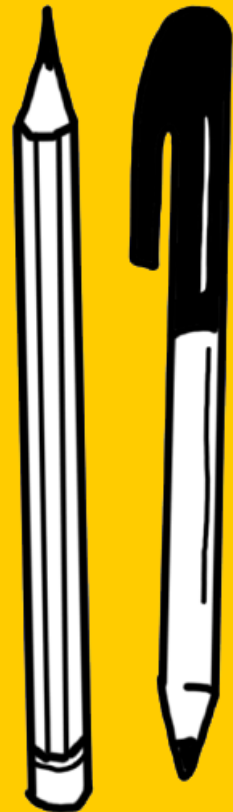
**Too noisy to study?  
Text the Library  
Noise Alert Service  
and someone will  
be along to help.  
07891 484 764**



**There are a variety  
of bookable and  
non-bookable  
spaces available  
across the library**



**Leaving your desk for more  
than 30 minutes?  
Take your belongings  
with you or borrow a  
locker key from the  
Library Help Desk on Level 2**



Take regular breaks and stay hydrated. Get some fresh air and exercise to give **your** brain a break.



You can eat hot food in the **cafés** at the Philip Robinson Library and the Marjorie Robinson Library Rooms



# DON'T JUST COPY IT OUT

STUDY WELL @NCL

**Your**  
Skills

## Study Well : Revision Tips

- Rework it into a different format  
- mindmap, diagram, paraphrase

- Reduce it - into a mnemonic,  
bullet points

Keeping it flexible helps you process it and use it creatively in the exam.

Find out more



**Your**  
Skills

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# DON'T JUST LEARN IT

STUDY WELL @NCL

**Your**  
Skills

## Study Well : Revision Tips

- Reorganise it, connect and compare it with other information
- Apply it, think of reasons, examples or evidence for it

Practice using it as you would in the exam so you're not just regurgitating it.

Find out more



**Your**  
Skills

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# DON'T JUST READ IT

STUDY WELL @NCL

**Your**  
Skills

## Study Well : Revision Tips

- Explain it back to yourself in your own words
- Reinforce and check it by testing yourself on it

Practising articulating and retrieving your learning helps you make sense of it and retain it.

Find out more



**Your**  
Skills

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# DON'T JUST TEST YOUR SELF

STUDY WELL @NCL

**Your**  
Skills

## Study Well : Revision Tips

- Test early - don't worry if you don't get it right or miss things, note for next time
- Write your own exam questions - what questions would you set?

Testing also rehearses recall, reinforces memory and shows you what you need to target.

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Find out more



**Your**  
Skills

# DON'T JUST SIT THERE

STUDY WELL @NCL

**Your**  
Skills

## Study Well : Revision Tips

- Change location so your learning isn't tied by your memory to one place
- Interleave topics and let learning 'rest' for a while before revisiting

Frequent changes in place and task will help your learning stay fresh and flexible.

Find out more



**Your**  
Skills

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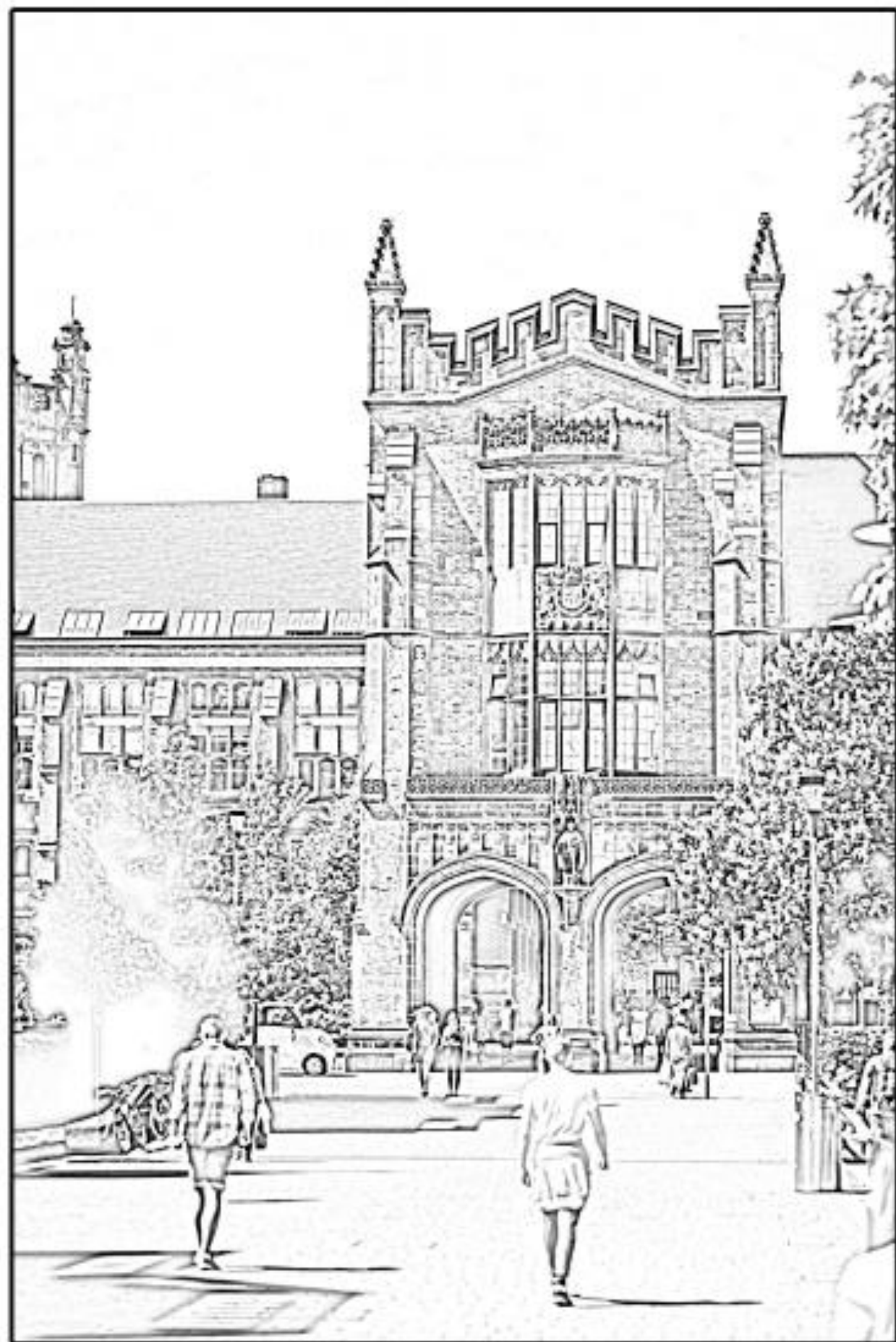
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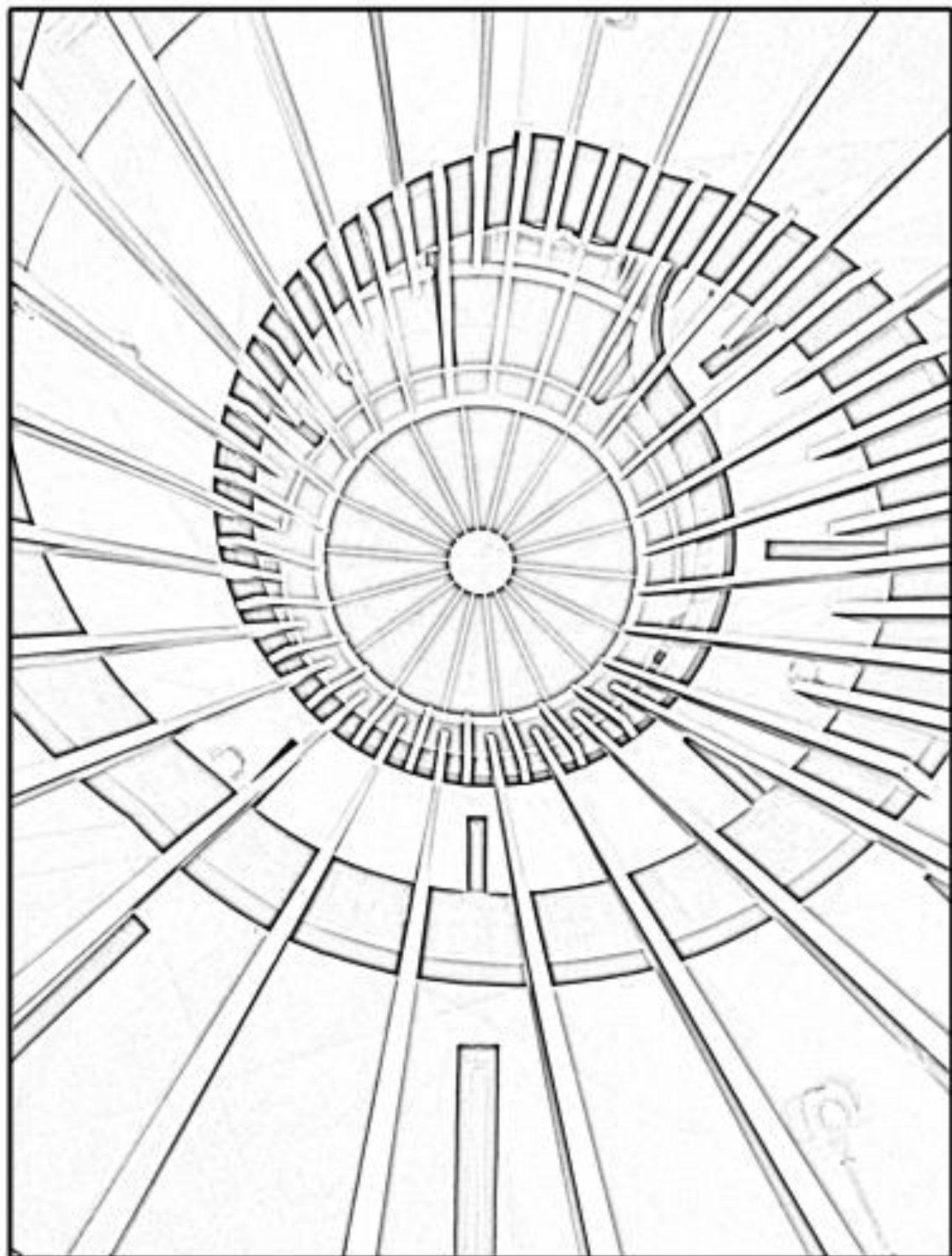
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@ncroblib   
Studywell@NCL

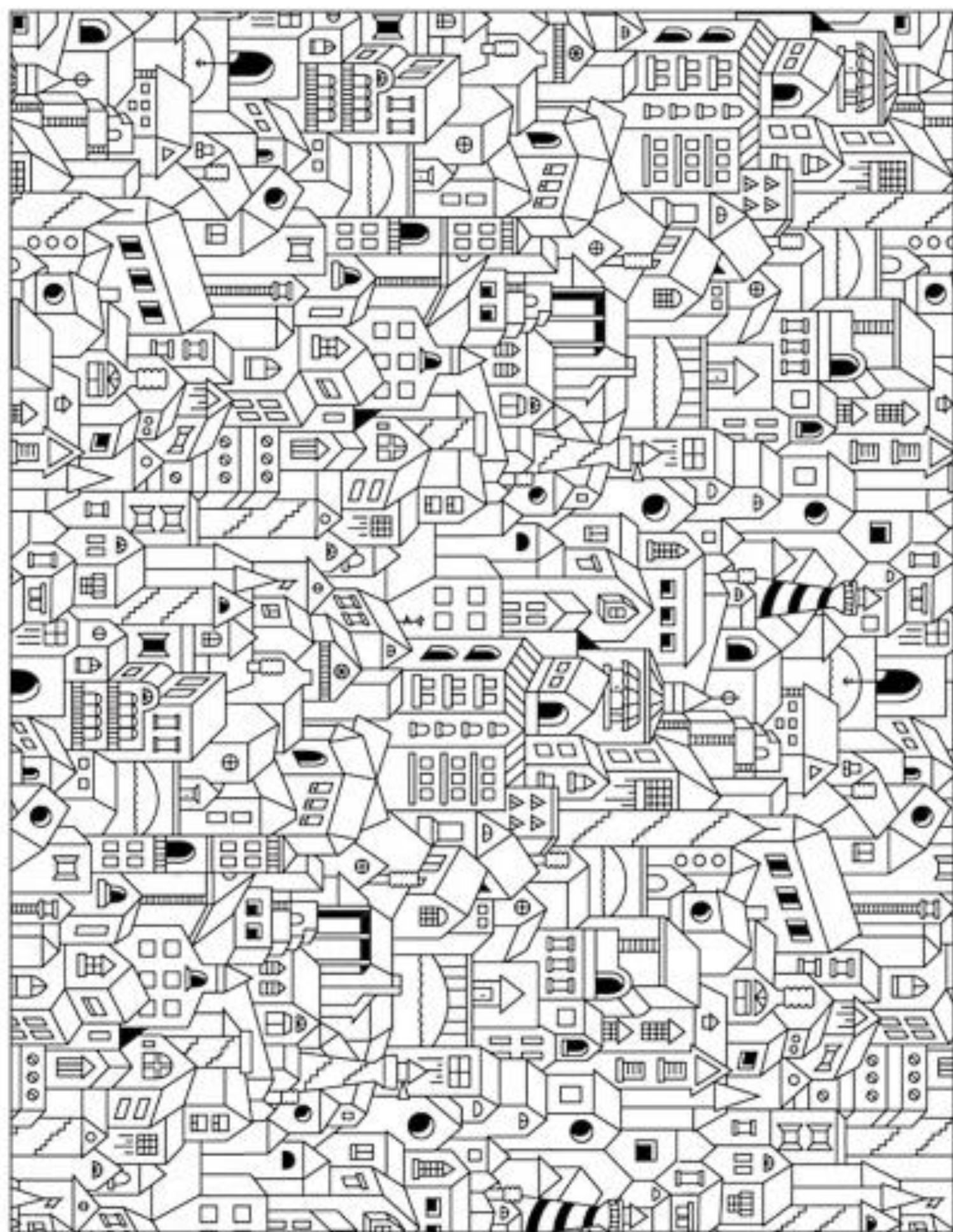
#ColourYourCampus



@ncroblib   
Study Well@NCL

#ColourYourCampus









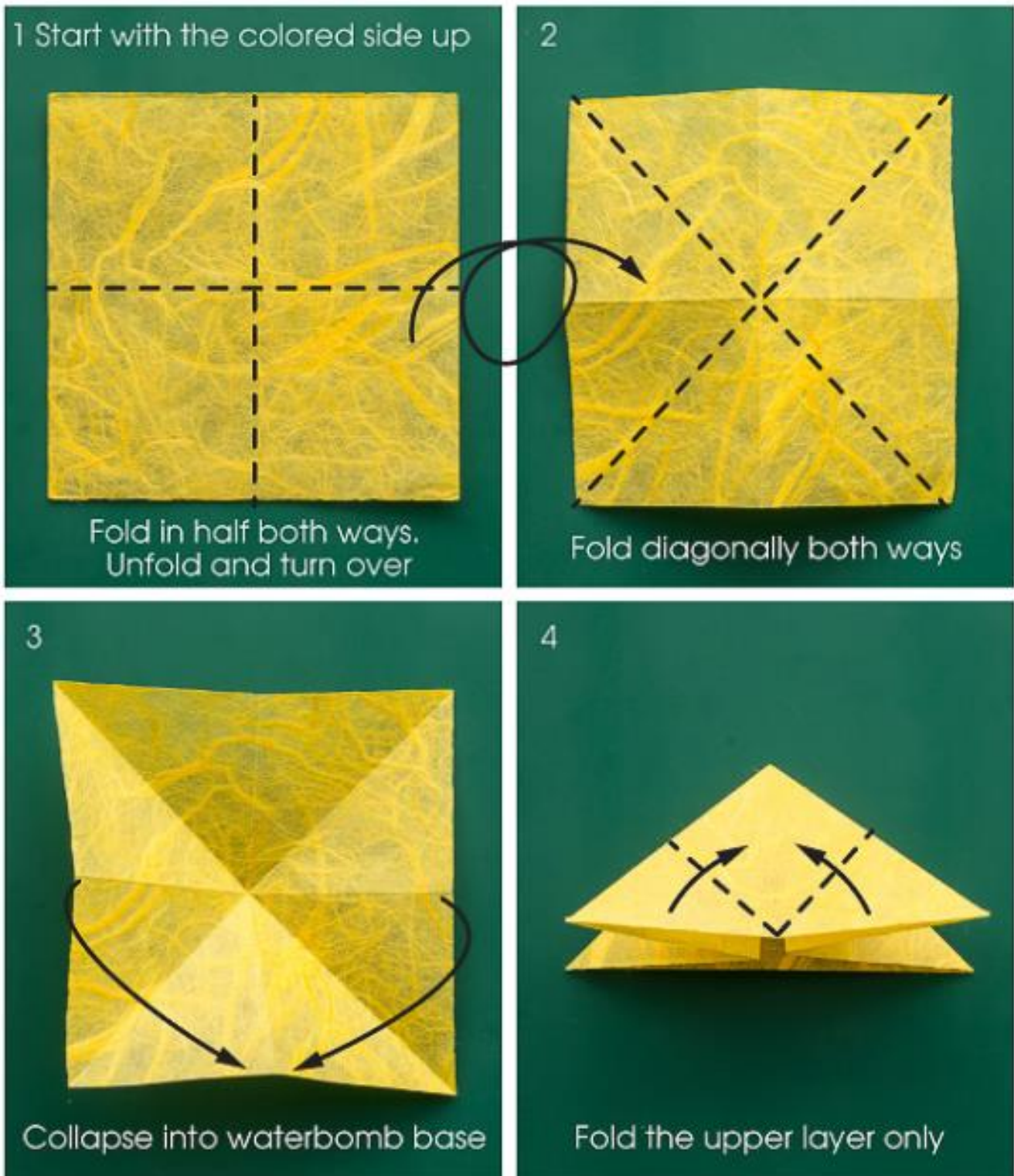
# Make an origami butterfly

What you need: 1 single square sheet of paper

<https://goorigami.com/single-sheet-origami/origami-butterfly/3006>

## Origami Butterfly

variation of Akira Yoshizawa's butterfly



5



Turn over

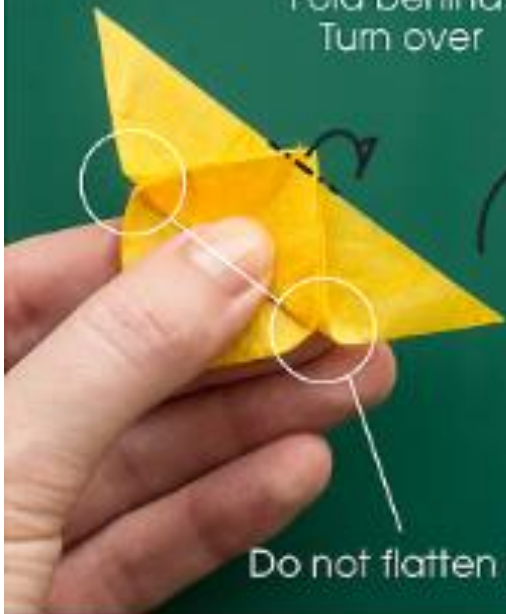
6



Fold the corner past the edge

7

Fold behind.  
Turn over



Do not flatten here

8

Fold along the  
center line



9



goorigami.com

10





# 3-minute seated

IN COLLABORATION WITH

**NHS**  
choices

DAREBEE WORKOUT

© [darebee.com](http://darebee.com)

30 seconds each

# Yoga



body fold



stretch up



side stretch



lotus twist



lift & reach



half lotus

# Chair Exercises

WORKOUT © darebee.com

3 sets | up to 2 minutes rest between sets

www.nhs.uk **NHS** choices



20 chest expansions



20 side arm raises



10 dives



10 raised arm circles  
5 clockwise / 5 counterclockwise



20 overhead punches



20 punches

[ncl.ac.uk/library](http://ncl.ac.uk/library)



# Be well@NCL



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Be well@NCL is a collection of tried and tested books, chosen in partnership with the Student Health and Wellbeing Service and other health professionals. Evidence shows that books like these can be helpful in understanding and managing your mental health and wellbeing.

**What subjects do the books cover?** Anger, anxiety, bereavement, body image, caring for others with mental health conditions, depression, eating disorders, low self-esteem, mood swings, OCD, phobias, panic, sleep problems, stress and more.

Be well@NCL collections are located in the University Libraries. Find out more:

Online: [ncl.ac.uk/library](http://ncl.ac.uk/library)  
Contact: [libhelp.ncl.ac.uk](mailto:libhelp.ncl.ac.uk)

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University Library. Explore the possibilities.



# 14 DAYS

## of self-care

Taking care of your wellbeing is more important than ever right now. Here are some small steps you can take to look after your physical and mental health – even if you're self-isolating.

Stay connected by sharing your tips with us!

1  
Cook yourself  
a healthy meal



2  
Make a playlist  
of your favourite  
songs



3  
Set reminders  
on your phone  
to drink  
more water



4  
Download the  
iNclude app  
to help look after  
your wellbeing



5  
Write down  
three  
achievements  
that you're  
proud of



6  
Learn  
something new  
from a TED Talk



7  
Do one task  
you've been  
putting off



8  
Take a break  
from social media



9  
Bored of the view  
from your own window?  
Check out someone else's  
on Window-Swap.com



10  
Listen to an NHS  
mental wellbeing  
audio guide to  
boost your mood



11  
Make yourself  
comfortable  
with tips from  
Posturelle



12  
Take a look at the  
wellbeing support  
offered by  
the University



13  
Get a good  
night's sleep  
with these tips  
from the  
Mental Health  
Foundation



14  
Read an eBook  
from the  
Be well@NCL  
collection



Studying for  
EXAMS?

Revise

Rest

Reflect



LOOK OUT FOR

A

**CHAPLAIN!**

# Your wellbeing

**Where to find help and assistance, online and on campus**

## TalkCampus

A free-to-download app where you can talk with other students from around the world if you're struggling and worried about your mental health.

## iNCLude

Designed to help you take small steps to improve and maintain your wellbeing. iNCLude looks at how to maximise your experience at University by creating positive habits to ensure you're focussing on more than just your studies.

## Silvercloud

Silvercloud is a suite of online CBT (Cognitive Behavioural Therapy) programmes, which can be tailored to your specific needs. It is free and available to all students.

## Counselling

The Newcastle University Counselling team provide counselling for students who may be struggling with life concerns which may cause unmanageable emotional or psychological distress.

**Find out more about these initiatives at**  
[ncl.ac.uk/wellbeing/](https://ncl.ac.uk/wellbeing/)

