

# STUDENT WELLBEING PACK 2021



A STUDENT GUIDE TO  
HEALTH AND WELLBEING IN  
LOCKDOWN



At Caritas Anchor House, we recognise the importance of health and wellbeing. Covid-19 has been an unpredictable and stressful time for everyone. By putting this pack together for students, we hope to keep you engaged in our work and to remind you that we are in this together.

# 5 TOP TIPS FOR YOUR WELLBEING

1) DON'T SPEND TOO MUCH TIME ON SOCIAL MEDIA

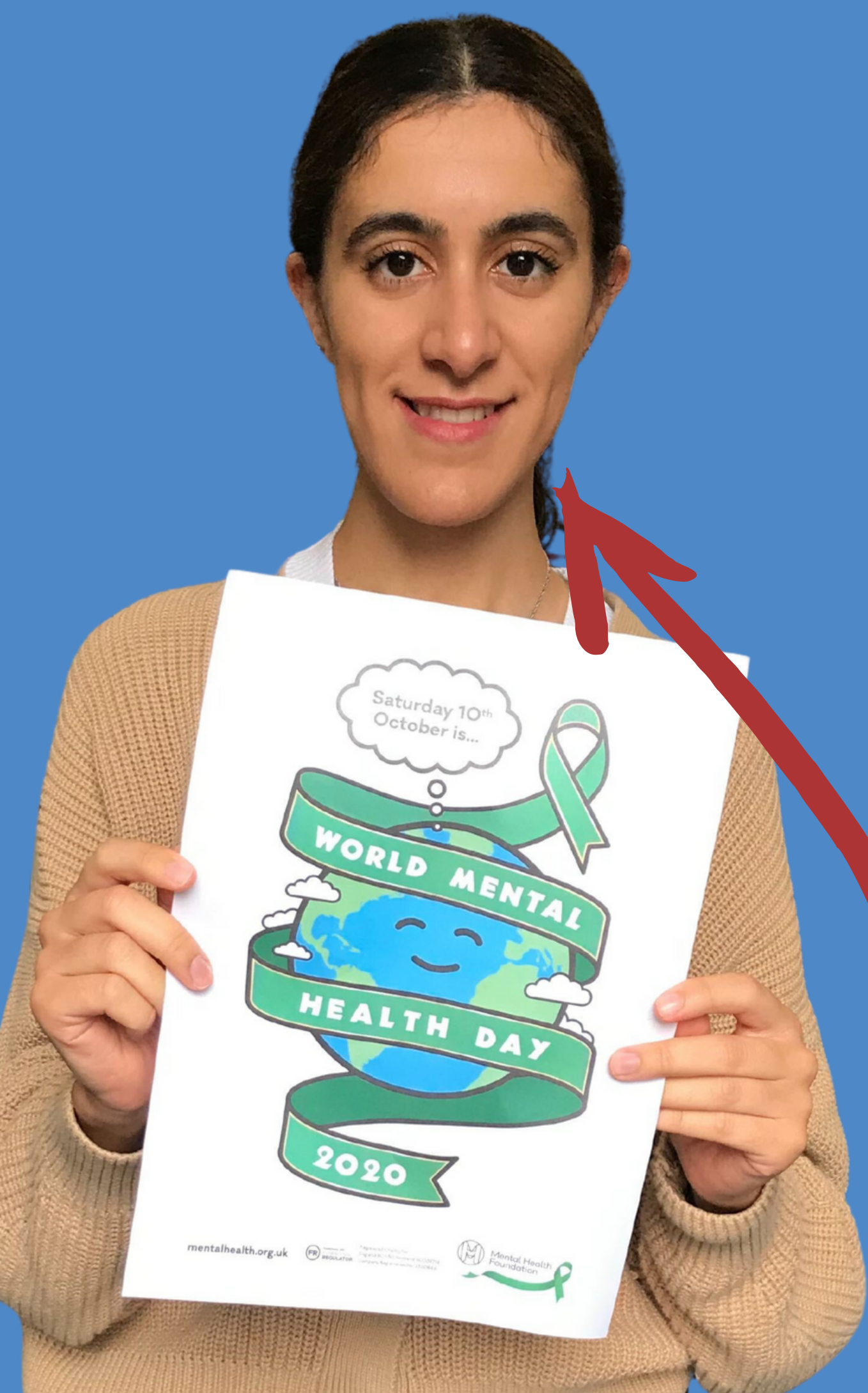
2) KEEP ACTIVE WITH REGULAR EXERCISE

3) LEARN A NEW SKILL

4) MONITOR YOUR SLEEP

5) KEEP IN TOUCH WITH FRIENDS

Elif, our mental health expert



# Mental health and wellbeing at Caritas Anchor House

86% of our residents struggle with their mental health

Caritas Anchor House is a residential and life-skills centre for single adults experiencing homelessness in the London Borough of Newham. When residents arrive at Caritas Anchor House they are assigned a Keyworker, who meets with them a regular basis. Some of our Keyworkers specialise in substance abuse and mental health, but their primary role is to provide emotional support to help residents manage their own personal development and wellbeing.

## Introducing Tim!

Tim is one of our residents. Before coming to Caritas Anchor House he suffered badly from depression and tried to take his own life. Tim is now a strong advocate for mental wellness and is looking to use his own experiences to support others.

"I am particularly passionate about mental health. Rather than focusing on the negative aspects of that, what I want to do is set up a mental wellness group, equipping people with the tools to keep them well".



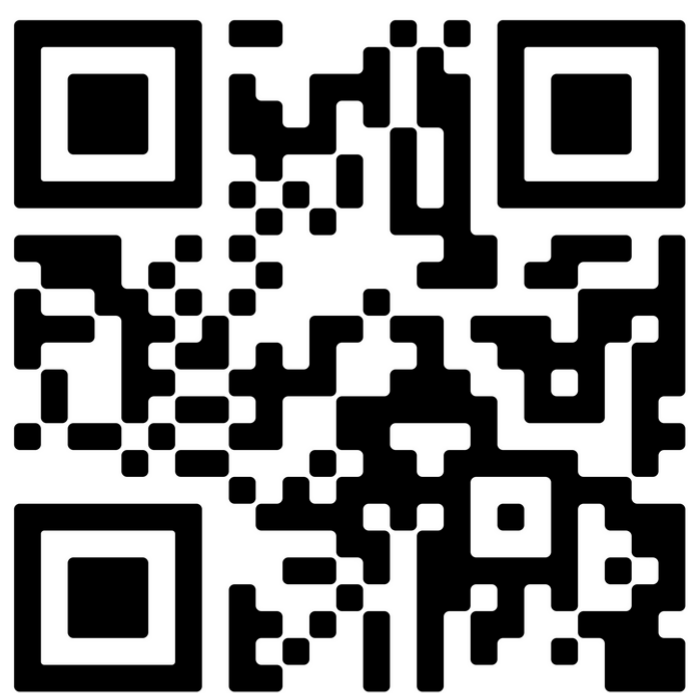
# GET ACTIVE

**10,000  
STEPS FOR  
31 DAYS!**

**EVERY STEP YOU TAKE HELPS  
SOMEONE WALK AWAY FROM  
HOMELESSNESS**



**CARITAS  
ANCHOR  
HOUSE**



**SCAN ME**

Look after your own mental wellbeing whilst raising funds for our mental health and wellbeing programmes. Join our Facebook Group using this QR code.

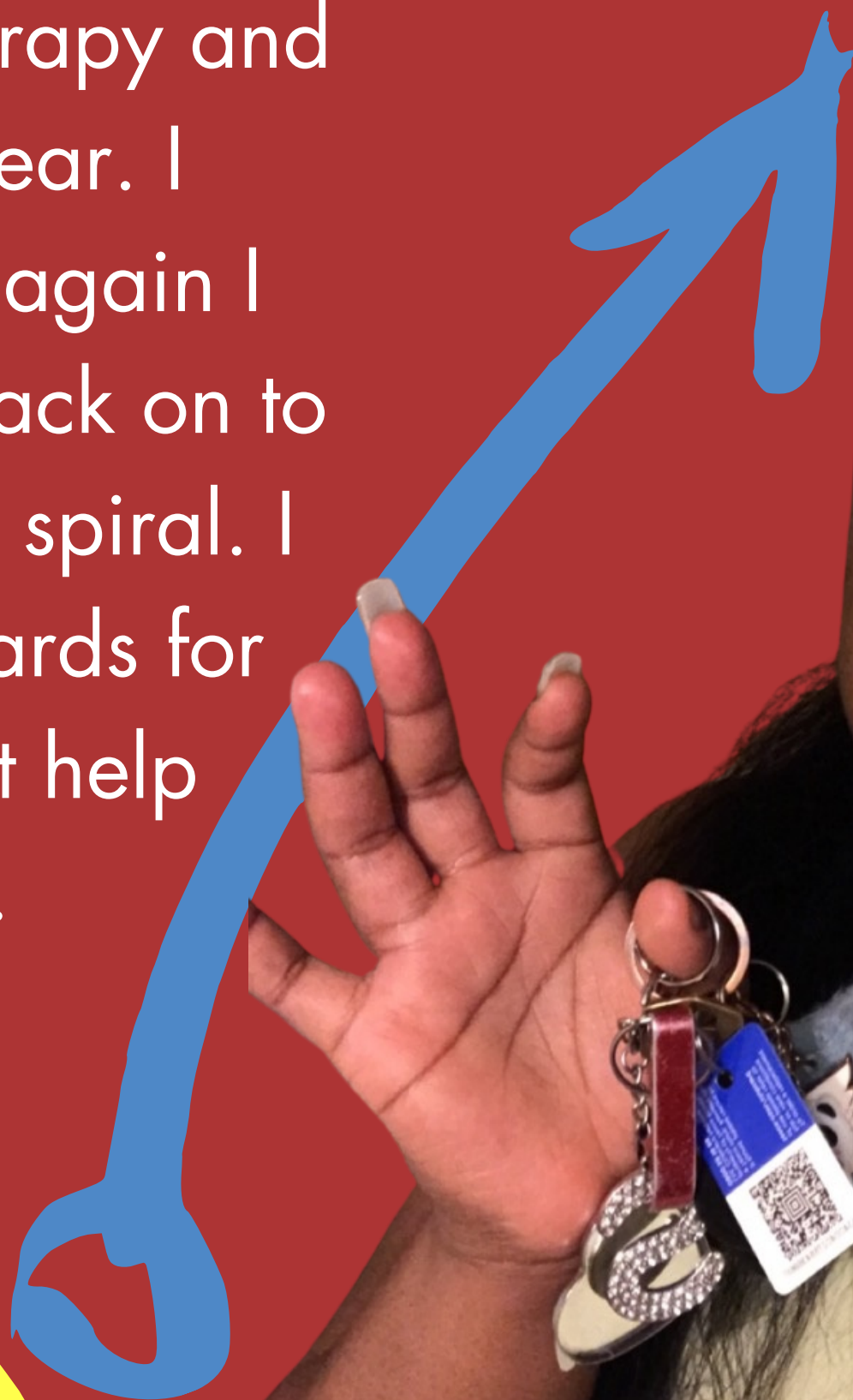
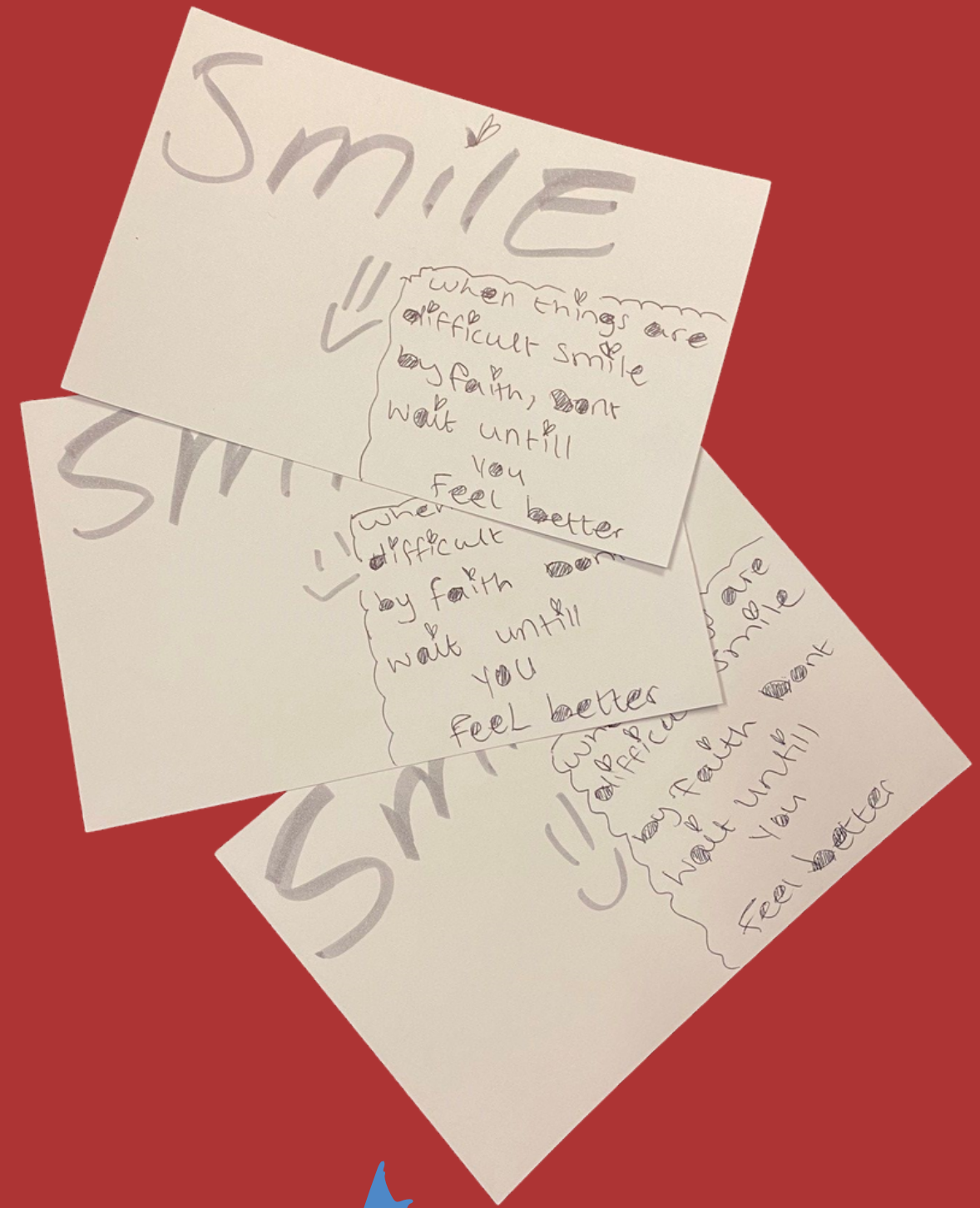


# Introducing Shaheena!

Shaheena moved into Caritas Anchor House during lockdown, but after getting the support she needed with her mental health and wellbeing, she has now moved into her new home!

"I've struggled with my mental health for a long time, but found it difficult to get help because I had no fixed address. As soon as I got to Caritas Anchor House, I was supported to access eight weeks of talking therapy and I even had two extra sessions. It's made such a difference.

I now practice compassion therapy and meditation to keep my head clear. I know that if things get difficult again I have these techniques to fall back on to avoid falling into a downward spiral. I even created some positivity cards for other residents, hoping it might help when they have difficult days".



Why not create some positivity cards for friends and family like Shaheena?

# Get a Good Nights Sleep...zzzz

Don't overdo it with naps	Cut down on caffeine in the afternoon	Have a fixed wake up time
Prioritise sleep	Follow a nightly Routine	Make gradual changes to your current sleep pattern
Budget 30 min for winding down before bed	Take advantage of whatever puts you in a state of calm i.e. reading, soft music	Unplug from electronics 30-60 min before bed



## Other Resources

- Mental Health Foundation Online Resources- <https://www.mentalhealth.org.uk/>
- Mindfulness- <https://www.headspace.com/>
- Sane Line: 0845 767 8000 (6pm - 11pm every day) [www.sane.org.uk](http://www.sane.org.uk)
- NHS Go App- <https://www.nhsgo.uk> (confidential health advice and support for 16–25 year olds)
- Samaritans: 08457 90 90 90 (24 hours every day) [www.samaritans.org](http://www.samaritans.org)
- Thrive London- <https://thrivedn.co.uk/>