

YOU'VE GOT THIS

AHC Wellbeing Project Newsletter

10 July 2023



OUR WORK THIS TERM

This term, we held a range of events for students and staff within the faculty. These included crafting sessions, mindfulness seminars, and opportunities for journaling, guided meditation, and breathing exercises. We also hosted multiple drop-in cafés in which students were invited to come along and unwind from the stress of exam season with other students in the same boat.

We were thrilled to team up with LUU Feminist Society to deliver an amazing sex therapy session to students on campus. Delivered by sex therapist Tabitha Bast, we covered a range of topics and concerned and gained valuable advice on managing your mental health as a young person navigating your sexual and romantic relationships.

'FEMINISM AND MENTAL HEALTH ACTIVISM GO HAND IN HAND. OUR MEMBERS LOVED THIS SESSION, AND WE REALLY HOPE TO REPEAT IT.' – FEMSOC

WE MADE IT!

Whether you're cooling off from a busy exam period or preparing to bid farewell to the familiarities of uni life, the end of the academic year finds us all in a pivotal moment of transition.

This month at the AHC Wellbeing Project, we will be giving you the support to tackle this transitional period and any of the anxieties or uncertainties that may come with it.



WHY WE NEED THE WELLBEING PROJECT

We all need different things for our wellbeing, and the Wellbeing Project aims to cater to your individual need.

We host a weekly Wellbeing Cafe every Wednesday on campus from 12-2pm, and regular workshops and events which are free to attend and open to all within the faculty.

With 42% of students suffering from diagnosed mental health problems, looking after yourself during your time at university is essential - and we are here to help.

MOVING OUT AND MOVING IN

Moving out of or into a student house can be an exciting and transformative experience, but it can also bring about feelings of anxiety. One of the primary reasons is the transition itself, as it marks a significant change from the familiar comforts of your current living situation. Here are some top tips for making the move in process as stress-free as possible:

- Make sure you have your tenancy agreement.
- Take photos of the property.
- Check off fixtures and fittings against the inventory.
- Take your meter readings.
- Register for a parking permit.
- Ask the landlord to inspect the property to identify anything that needs to be done.
- Make sure to team up with your housemates and split the cleaning to make it easier on all of you.



SOMETHING'S COMING...

Last week, interns Hannah and Owen went to visit the university's new HELIX facility for digital learning and creative production.

Equipped with podcast booths, filming studios, VR spaces and much more, we can't wait to get started on using the project to deliver even more inclusive, accessible, and high quality support to help you with your wellbeing!



WELLBEING TIP OF THE MONTH

Anxiety can be just as physical as it is mental. Wellbeing ambassador Kat shares their experience with developing a love for cross-stitching:

'This year, I joined Stitch n Bitch, the craft society that emphasises community and creativity. Finding a group of people who share your hobby or passion can be an excellent way to open yourself up to new connections.'

Doing something crafty can often help you to calm down and re-centre, especially when you're feeling overwhelmed or stressed. Plus, having a physical reminder of the strength you have in overcoming these feelings could turn out to be a very cute (and cheap!) way to furnish your student flat!

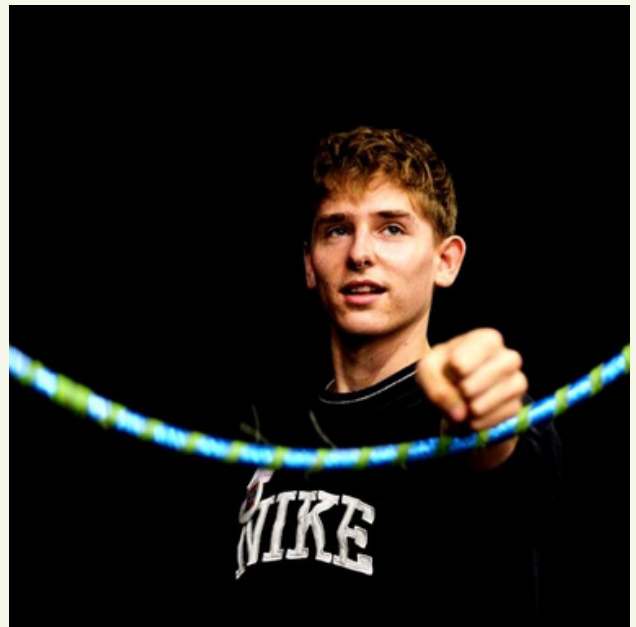


REP REFLECTION BY OWEN TAYLOR

'Those graduating in courses that are rooted within arts, humanities, and cultures, may feel a wide mix of emotions. This may be in relation to the looming statistics and stereotypes which say that it is often quite challenging for AHC students to find employment, which is directly related to their field of study, after they finish their course.

As a student of philosophy, myself, I was concerned when I heard about this statistic and the possibility that certain opportunities may not be presented to me after I finish my course due to the subject that I have chosen to study.

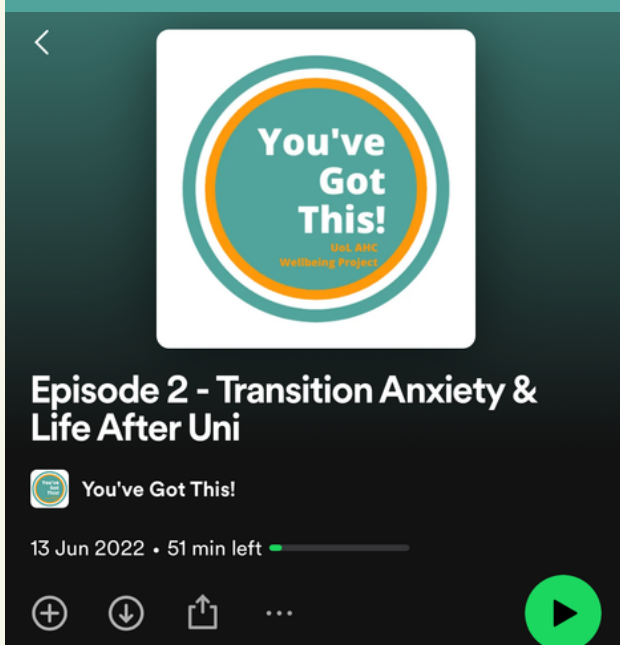
On the 19th of June, I was fortunate enough to attend the 'Exploring Creative Life Stories' event held on-campus at the Stage@Leeds theatre. The event was organised by Tess Hornsby Smith, who is the Student Education Enhancement Officer for the Faculty of Arts, Humanities and Cultures. During my time attending the event, I was able to partake in creative activities and hear from professionals who work within the creative industry about their stories. I was able to connect with them about what advice they could offer to AHC students who may not necessarily know what prospects await them after university.



When speaking with Howard Croft, the current Chorus Manager at Opera North, Leeds based opera company, I was reassured that there will be jobs available that are not directly related toward my degree itself as so many skills we learn at University can be applied professionally. These roles will hopefully allow me to use the valuable transferable skills I have learned along the course of my studies and utilise them within a professional environment. He also spoke to those in more competitive environments, such as art and performance, and gave the advice of "never stop learning" and accept that for every YES, there will be 100 NOs.

While the path may not always be straightforward, many arts graduates often find fulfilling careers by combining their artistic passion with other skills or by exploring alternative avenues within the arts industry itself. It is essential to remember that each individual's journey is unique, and with perseverance, determination, and a willingness to adapt, arts students can find success and satisfaction in their chosen path.

Check out our podcast around transition anxiety which features several students who have been through transition themselves.'



WHAT'S NEXT?

As usual, this month is FULL of amazing opportunities to help you look after your wellbeing whilst in Leeds. Check out the events below to see what's coming up soon:

Wellness 101 - Take Control of your Health & Wellbeing

Wednesday 12th July

17:00pm – 19:00 pm @ Platform, New Station Street

Head on down to a Wellbeing 101 event and take control of your health and wellbeing this summer! Hear from professional doctors speak on how you can be your very best! Also consider discovering the transformative power of lifestyle habits at our Health Optimization Workshop, where you will be equipped with the practical tools and strategies to transform your life and unlock your full potential.

Leeds Skates: "SAY YES" mental health awareness skate

Saturday 22nd July

14:00pm – 16:00pm @ The Edge, University of Leeds

Mental health has an impact on everyone around us. If it's not personal may impact people close to you. "Say Yes" is for mental health support. Try out skating as an activity that many use to help improve minds and mental wellbeing.



WORK WITH US!

We are looking for students from the Arts, Humanities and Cultures Faculty who would like to feature in a promotional video for the student wellbeing services for the new academic year. If you are a student from one of our schools and would like to share your experience of taking part in wellbeing activities on campus, please contact us at ahcwellbeing@leeds.ac.uk by Wednesday 26th July.



[Thank you for subscribing to the AHC Wellbeing Project 'You've Got This' newsletter.](#)

[For any further queries, contact us via email on \[ahcwellbeing@leeds.ac.uk\]\(mailto:ahcwellbeing@leeds.ac.uk\).](#)

[And remember - you've got this!](#)