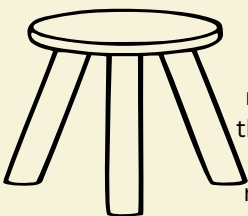


Your Life Lounge



MANAGE STRESS BETTER WITH COGNITIVE BEHAVIOURAL THERAPY (CBT)

Feeling stressed out? Try these activities to feel more organised and manage your time better



The 3-legged stool: This tip improves your resilience to stress. A 3-legged stool requires each leg to be the same length to maintain its balance. Think of your mental wellbeing as this stool, and each leg represents a kind of activity that fills your time. We can usually break these into three categories: routine (things you do everyday - brushing your teeth, having a meal), necessary (things we have to do to avoid negative consequences like scheduling your car's MOT or the grocery shop), and pleasurable (for fun!!!).

When we're stressed, these will usually be out of balance. Ask yourself - *what activities have I withdrawn from?* You can even use an activity scheduler to plan your time in advance to ensure you get balanced with each type of task.

The Stress Bucket: Use this to develop better coping strategies for stress. Imagine the way you manage your stress is this bucket collecting water from the *top tap* (anything that makes you feel stressed - exams, assignments, finances).

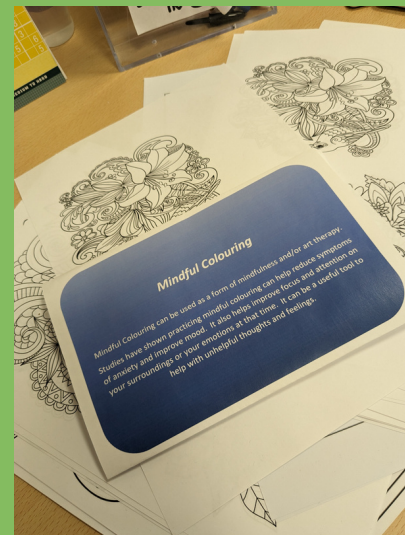


The middle tap is releasing *some* stress - this represents our unhelpful coping strategies - they provide us with temporary relief, but in the end just add more stress to our lives. This could be drinking and partying, procrastination or even snapping at someone we care about because we're frustrated.

The bottom tap is our **helpful coping strategies** - these help get rid of stress for real! Things like increasing our pleasurable activities, building resilience and relaxation techniques all help to increase the flow of water through this tap.

Ask yourself, *what are your stressors? What are your unhelpful coping strategies? What are your helpful coping strategies?*

panic or anxiety



NEWSLETTER HIGHLIGHTS

Don't Stress - Learn how to manage with a few tips from our CBT Therapist

Meet CAHN (Caribbean and African Health Network)

Upcoming: University Mental Health Day

Student Success Spotlight: Student Funding

March 2023

Volume 1



Caribbean & African Health Network: A Bolton Wellbeing Hub

Did you know about CAHN's hub in Bolton? The Caribbean and African Health Network (CAHN) is an incredible organisation that aims to "eradicate health disparities for Caribbean and African people". Click [here](#) to take a look at their website, and see below for just some of the many programmes and initiatives they offer our community:

CAHN Counselling Service offering "cultural and religiously appropriate specialist services for the Caribbean and African Community, which is delivered by Black Professional Counsellors."

Family & Advocacy Support Services A culturally appropriate approach in improving support and advocacy services for children, young people and families. Every 2nd Wednesday of the month 18:00-19:00.

Community Engagement Participate in decision-making, share your concerns & receive support to help build a resilient and healthy community.

Bolton Hub Address: St. Pauls Community Centre, Halliwell Road, BL1 8BP.

DROP-IN: Wednesdays 1-5pm



DROP-IN

Monday, Tuesday, Thurs,
Fri 11-1pm

Wednesday 1-3pm

University Mental Health Day is March 9th, and we're focused on the Cost of Living Crisis

March 9th is University Mental Health Day, and this year's theme is the cost of living crisis. We know financial stress contributes to mental health problems, so our event will host organisations and teams from the university and the wider community to help you boost wellbeing and manage money worries.



Bolton at Home

WHEN & WHERE:

Wednesday, March 9th
11-2pm Chancellor's Mall

WHO'S COMING?

Student Funding

Umii

Life Lounge & Disability Services

Student Union with "Taste the Difference"

Bolton at Home with the Money Advice Team

Bolton Rotary...& More!



Rotary
Bolton



Student Success and Wellbeing Spotlight

01204 903733: STUDENT SERVICES

Student Funding Advisors

Unsure what funding you're eligible for? Or where to apply?

Need some help budgeting?

Want some assistance liaising with Student Finance England?

Contact studentfunding@bolton.ac.uk to book a 1:1 session with an advisor