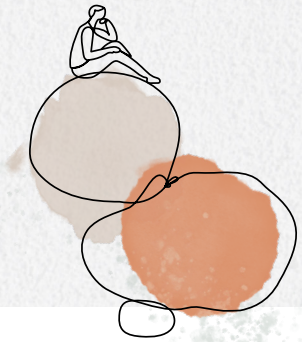
Student Wellbeing

Developing a balanced lifestyle



Do you find it hard to relax?

Are you exhausted, or have trouble sleeping?

Do you often skip meals or eat a lot of junk food?

Are you spending too much time on your uni work and missing out on social commitments?

Are friends and family complaining you never have time for them?

If you answered "yes" to most of these questions, then you may be having some difficulty with balancing different areas of your life.

You may think that you need to spend all of your time studying to perform at your best, which may result in you losing focus on other areas of life. However, your productivity will decrease if you only study and work. Everyone is more productive when they undertake a variety of activities in their life.

See below for a list of things that can help you to create a balanced lifestyle.

1 **Organisation** – Have a timetable of lectures, work commitments and free time so you can plan recreational activities. Put together a weekly schedule with all your commitments. Try to schedule in one day per week as a break from work and study, and allow a few hours break each day or night.

2 **Exercise** - Movement allows your body to produce endorphins, which help to alleviate stress and improve your mood. Find something you enjoy that is physical and do it regularly - even if it's just a walk around the block each day.

3 **Socialise** - We need to maintain our relationships with family and friends and enjoy social time out, without feeling that we should be studying. Social life helps us focus when we do study. It is also a great reward for when we have been studying hard.

4 **Interests and hobbies** - These are things we love to do, that renew our energy and give us a break from work and study. Try to set aside some time each week to participate in an interest or hobby. They can help us feel recharged when we do return to studying.

5 **Sleep** - Sleep is critical to optimal functioning. Everyone needs time to allow the body and mind to refresh themselves. Want more information improving your sleep, see our 'sleep' tip sheet.

6 **Nutrition** - What we eat and drink affects our overall level of stress and energy. Drink plenty of water, eat healthy, regular meals and use alcohol responsibly. Large doses of alcohol, caffeine and drugs will adversely affect the brain and put stress on the body.

7 **Values** - We are all motivated by our values, so it is helpful to review them occasionally to remind us why we are working towards our goals. If you are struggling with a task it could be because it's not in line with your values, or perhaps you are neglecting other areas of your life that are important to you, and this is interfering with your ability to work effectively on the task.

If you would like support with this contact us at Student Wellbeing.

Apps

Search on the App Store or Google Play

Google Calendar
This app is like an online diary, for both your computer and phone. Keep track of your assignments and classes, as well as activities outside of Uni, such as work or social events.
calendar.google.com

MySleepButton
Get help with audio and visual tasks to help develop sleep patterns.
mysleepbutton.com/home

Smiling Mind
Smiling Mind is a mindfulness app with a number of different audio scripts to help you develop your mindfulness skills.
www.smilingmind.com.au

Wisedrinking
Track how many drinks you have had and the potential impact it has on your decision making.
www.wise-drinking.com/app

Resources on campus

The University has a number of clubs and societies catering to a range of interests. This may help you to develop a balanced lifestyle while at uni.
www.newcastle.edu.au/clubs

Access support and more information

www.newcastle.edu.au/counselling or call (02) 4921 6622

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