Studying from home & wellbeing advice

Study smart

- Set realistic goals – make sure they are manageable and flexible.
- Fit your study hours around other commitments.
- Take regular breaks or use the Pomodoro Technique® – work for 25 minutes, then take a 5 minutes break. After 3 or 4 blocks of study, take a longer break.
- At the end of the day, give yourself a treat – you deserve it!

Make a plan

- Draw up a study timetable.
- Include breaks.
- Try and stick to it!

Health and well-being

- Eat healthily - try and eat plenty of fresh fruit and vegetables.
- Take exercise - try one of the many 7-minute exercise apps that are available.
- Take regular breaks (see above).
- Get a good night’s sleep.

Mindfulness

- Helps to lower levels of stress, anxiety and depression.
- Helps improve sleep patterns.
- Helps to keep the immune system functioning.
- Have a look at MIND’s website for mindfulness exercises and tips

Help and support is available

- We have access to thousands of online books, journal articles and other resources, via the library’s catalogue, Locate
- More information and links to resources can be found on your subject-specific LibGuide
- Check out the Health & Well-Being Portal
- There’s also our Mental Health and Well-Being Support Zone
- Another great site for support and help is the Big White Wall
- Book on to one of our online workshops, about studying effectively from home
- Book an online appointment with your librarian