

Welcome to the Student Wellbeing Newsletter.

We hope all students have a good start to this Academic year so far!.

For those who are new to the newsletter, it always contains a different topic each month around student wellbeing.

Every edition highlights a useful app in 'App of the Month', whilst 'Mental Health in the Media, includes links to interesting articles on mental health and wellbeing.

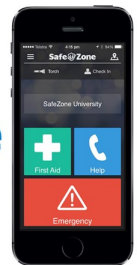
This edition has information on Mindfulness and how it can benefit your health and wellbeing. Also an article about college support for students who have experienced sexual violence through the Sexual Violence Officer Team.

App of the Month: Safe Zone

Safe Zone is an app for your safety, it works by allowing you to get help quickly whether for a personal emergency, first aid or others safety. You can sign in with your college email address on the app and it links to the campus security number!.



SafeZone



Mental Health in the Media

The top tip from Mental Health in the Media for this month, is a quick 5 question wellbeing quiz from **Every Mind Matters website**. The quiz generates your own tailor made free plan to help you deal with stress and anxiety and boost mood and improve sleep. Every Mind Matters is a new campaign delivered by Public Health England and the NHS and is full of advice and articles with useful tips to help you to better look after your mind and body. Read advice on eating healthy, quitting smoking, exercising or sexual health. It also has a great selection of **Apps** such as the couch to 5k running plan which can get you get super motivated to run 5k in only 9 weeks.

Time to change is a national social movement led by leading mental health charities, the website has personal accounts from people sharing their experiences on Mental Health, LGBTQ, Relationships, Supporting Someone and more. See **blogs**. You can also **share your own story**. Imperial College have signed the **Time to Change Pledge** in 2014 and are fully committed to ending mental health discrimination.



let's end mental health discrimination

Mindfulness Benefits for Health and Wellbeing

Mindfulness is a way of paying attention to the present moment. With Mindfulness we can become more aware of the mind, body, thoughts and feelings.

You can practice it no matter who you are, your background, beliefs, age, or experience.

It brings big benefits as it can help us better manage overwhelming thoughts.

Like any new skill it requires practice just like learning a musical instrument. Mindfulness is like fine tuning your brain to be focused and relaxed even in the face of distress.

Evidence suggests it can take 5-8 weeks to experience the full benefits, why not try out a few minutes a day of [breathing exercises on YouTube](#) to get started?.

[Chaplaincy](#) on Campus run regular Mindfulness Meditation.

Research suggests Mindfulness can help with:

1. Physical Health

Reduced blood pressure, hypertension, chronic pain, stress, improved sleep quality and reduced stomach problems.

2. Mental Health

Mindfulness can help cope with eating disorders and OCD, and improves resilience by creating a space between thoughts and feelings.

A study published by the University of Oxford provides evidence of the effectiveness of the [Be Mindful online course](#). The study examined the effects of the course for the 273 people who had completed it and showed that, on average, after one month, they enjoyed:

- 58% reduction in anxiety levels
- 57% reduction in depression
- 40% reduction in stress

3. Academic and Work Success

Better coping with workload and improved performance, more prosocial behaviours. Increased self-control and self-awareness.

4. Reduced chance of burn out

Mindfulness gives you the ability to choose your reactions and calm the mind and body for a greater sense of wellbeing.

5. Addictive behaviours

Mindfulness can help cope with addictive behaviours such as alcohol or substance misuse

What is the Sexual Violence Support Team at Imperial College?

Student Wellbeing Adviser Amy Picton met Sexual Violence Liaison Officer Martin Holloway from Bioengineering Department to find out more about the team.

**You are
not alone**

**Imperial College's Sexual
Violence Support Team**

What is the role of a SVLO?

To support any students that have experienced sexual violence by providing confidential 1-2-1 support and information and discuss options in a non judgemental way. Martin is one of 5 liaison officers from across the college in varying departments that form the sexual violence support team.

Why is there more than one SVLO?

Students can approach any SVLO they choose and may feel more comfortable approaching a specific person, male or female. You can see pictures of the team and what happens when you contact them [here](#). When contacting you can express your preference, Martin highlights that if you meet an SVLO you have the option to change to a different SVLO if you would prefer to talk to someone else.

This can help take away some of the initial worries or anxieties that may come with reaching out to an SVLO.

How to contact? Contact the SVLOs by emailing svlo@imperial.ac.uk.

What would SVLOS like students to know?

Students are not alone and will be treated with respect, your preferred SVLO will talk you through multiple choices available, and ultimately you will have control to choose the one that is best suited to you.

Sometimes students are afraid to contact because they fear they may have to report this or take it further when they are not ready or comfortable too, however this is not true as the SVLO will not pressure you to report to police or to make a complaint to the college. The process is led by you and only if you wish to do so will the SVLO help you through this process.

The SVLO can sign post to external support from Sexual Assault Referral Centre (SARC) see details [here](#) of services and how to book an appointment without need for a referral.

We are here to support you and your wellbeing at Imperial, you are not alone.

Civil Engineering Student Wellbeing rep. — Louise Benard— louise.benard17@imperial.ac.uk



“Studying at Imperial College is a truly unique experience. Not only is it exciting to be learning about a subject that you chose but you get to meet and work alongside students and staff from all over the world. As a student here, you have the opportunity to join societies that offer everything from music to martial arts. There really is something for everyone! The key to success at Imperial is to balance university work, extracurricular activities (including going out!) and sleep! Obviously, you are here to learn and study but what will make your Imperial College experience truly memorable will be the fact that you went out of your comfort zone and pushed yourselves in ways that you didn't know you were capable of. Finally, don't forget to make the most of all the incredible resources available to you, be it world-renowned researchers or the many sports facilities. Studying at Imperial is intense but rewarding and certainly an experi-