



Fife College



HEALTH AND
WELLBEING

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This guide is designed to provide you with useful information, advice, tips, and resources to help you through the academic year, and to ensure you have the best possible experience at Fife College whilst keeping on top of your mental health and wellbeing.

John Blakey
Health and Wellbeing Adviser

7 THINGS MINDFUL PEOPLE DO

1. Approach everyday things with curiosity – and savor them
2. Forgive their mistakes – big or small
3. Show gratitude for grace for bad ones
4. Practice compassion and nurture connections
5. Make peace with imperfection – inside and out
6. Embrace vulnerability by trusting others – and themselves
7. Accept – and appreciate – that things come and go

MENTAL HEALTH

Mental health and wellbeing is about understanding how you are feeling and how you can cope with the stresses and strains that happen to everybody every day.

Your mental state can change all the time but, generally speaking, having good mental health and wellbeing means you are:

- Reasonably self-assured and do not judge yourself too harshly; you like yourself
- Able to express yourself with a range of emotions
- Confident in sustaining positive relationships with other people and contributing to the community you live in
- Living and working productively
- Coping with the stresses of daily life and managing times of change and uncertainty

IT'S OKAY NOT TO BE OKAY

Everybody will experience times when they have low levels of mental health and wellbeing. For example, feeling sad or stressed, or finding difficulty in coping because of loss, loneliness, relationship problems, or worries about college or money.

Sometimes, there might be no conscious reason why you experience a period of low mental health and wellbeing. If you have a mental health problem, such as depression or anxiety, you may be more likely to experience periods of low mental health and wellbeing than others.

However, there are always things we can do to increase our chances of staying happy and healthy.

VOICING CONCERNS

Talking about the way you feel with someone can be a game-changer for a lot of people. The simple but important act of talking issues and feelings through with someone who is happy to listen and empathise can make people feel much better



MINDFULNESS

The way we think affects how we feel. Worrying about the past or future can lead us to feel sad or anxious.

Mindfulness theory tells us that by using various techniques to bring your attention to the present we can:

- Notice how thoughts come and go in your mind. You may learn that they don't have to define who you are, or your experience of the world, and you can let go of them
- Notice what your body is telling you. For example, tension or anxiety can often be felt in your body (such as in a fast heartbeat, tense muscles, or shallow breathing)
- Create space between you and your thoughts, so you can react calmly

Mindfulness is a practice that allows people to pay attention to the present moment. Often wrapped up in meditation, breathing exercises, and gratitude. Research has shown that it can help people become more aware of their thoughts and feelings so that, instead of being overwhelmed by them, they become easier to manage.

FORMING POSITIVE RELATIONSHIPS

Maintaining constructive relationships with people is an essential part of staying happy and healthy. This can help with self-confidence and helps people become part of a valuable community; this connection is vital in mental health and wellbeing.

SLEEP, DIET AND EXERCISE

A lack of sleep can have a serious impact on mental wellbeing.

Eating a well-balanced, regular diet with plenty of water can make people feel healthier and happy.

Regular exercise can enhance self-confidence by releasing positive hormones like endorphins dopamine and serotonin.

ENJOYABLE ACTIVITIES

When people engage in pleasurable activities it creates connections to other people and places it improves confidence and helps people stay well.

STOP SMOKING

Giving up smoking is not something you need to do on your own. Your Health and Wellbeing Adviser can help you directly or refer you to the 'Quit Your Way' service. Giving up smoking can help you feel relaxed, help you sleep better and have a better overall quality of life.



KEEPING A DIARY

Journaling your thoughts can be helpful in understanding triggers and what affects low and positive moods, to inform future behaviours.

HONESTY

It is a very usual response to struggle when people tell others that they are “fine” when they may be facing difficulties. It is important to be truthful about feelings and get support and help when needed.

UNDERSTANDING ISSUES

Being involved and active will give people a better chance of recovering from any mental health issues. Discussing treatment with a GP, and researching problems from reliable and official sources will increase this understanding.

TALKING THERAPY

There are many forms of therapy that can help with a variety of mental health issues. Counselling can mainly deal with an active listener who is non-judgemental and allows time and space to express inner thoughts and feelings.

RELAXING

It is important to make me to relax, even when not under stress. Relaxation techniques like breathing exercises, yoga, and meditation can help relaxation and reduce stress levels.

RESILIENCE

Resilience is adjusting to things and staying positive in the face of difficulty, pain, pressure, or negative stress — including relationships, health, college, or financial issues.

Resilience is about knowing how to survive through these tough times and bouncing back from challenging experiences.



HEALTH AND WELLBEING CHECKLIST

10 TIPS TO START BEING MORE MINDFUL TODAY

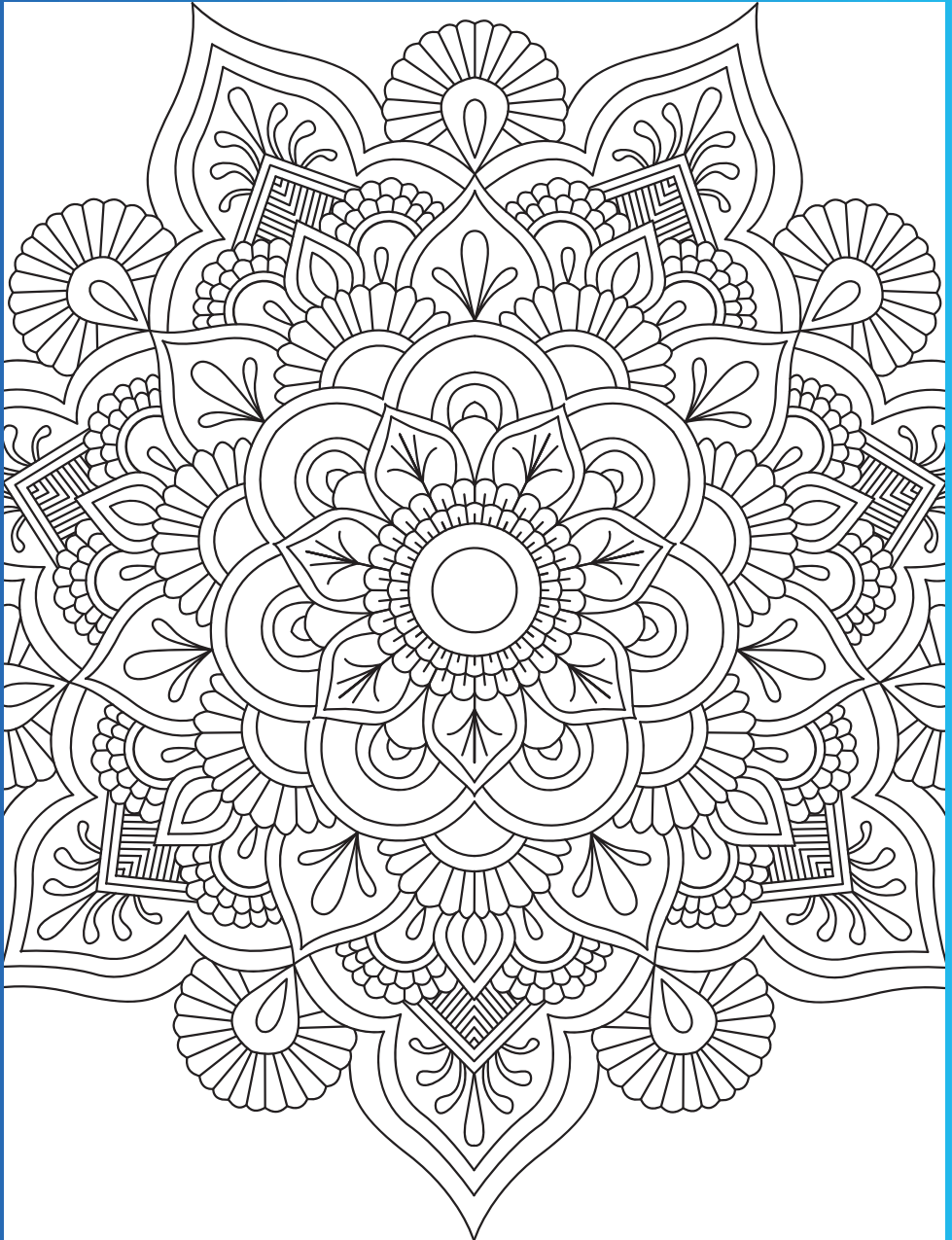
1. Notice your breathing. The flow of the breath and the rise and fall of your stomach
2. When you are eating, notice the colour, texture, and taste of the food
3. When walking, notice your weight shifting and the pressure on your feet
4. You don't need to fill all your time doing. Take time to simply be
5. When your mind wanders to thinking, gently bring it back to your breath
6. Thoughts are simply thoughts; you don't need to react to them
7. Practise listening without making judgments
8. When you zone out (while driving, etc.) bring awareness to that activity
9. Spend time in nature
10. The mind likes to judge. Don't take it seriously

This checklist helps to identify any factors that may be affecting health and mental wellbeing.

- I have picked up my copy of the Health and Wellbeing Brochure
- I have someone I can talk to about my feelings
- I have good friends that I can trust
- I sleep well most of the time
- I eat healthily often
- I do some physical activity regularly
- I make time for the things I enjoy
- I feel I achieve things
- I know how to relax
- I know what affects my moods
- I am kind to myself about who I am
- I look after myself during difficult times
- I am actively involved in my Health and Wellbeing

COLOURING ACTIVITY

Researchers have discovered that colouring activities help relax the amygdala – the section of the brain that is activated in situations where you feel stressed or scared.



USEFUL CONTACTS

ANXIETY UK

anxietyuk.org.uk

A user-led organisation, run by sufferers and ex-sufferers of anxiety disorders.

BREATHING SPACE

breathingspace.scot

0800 83 85 87

6pm Fri – 6am Mon

6pm – 2am Weekdays

CALM ZONE

thecalmzone.net

A registered charity, which exists to prevent male suicide in the UK.

DAPL

dapl.net

One-to-one counselling, support and guidance to individuals and families who are affected by substance use

MOOD CAFÉ

moodcafe.co.uk

A range of information and resources relevant to common psychological problems.

SAMARITANS

Samaritans.org

116123

SAMH

samh.org.uk

Information and services about mental health support.

SEEME

seemescotland.org

Resources and information aimed at mental health stigma and discrimination, enabling people who experience mental health problems to live fulfilled lives.

SEXUAL HEALTH

sexualhealthscotland.co.uk

Comprehensive information on sexual health.

QUIT YOUR WAY

nhsfife.org

Information and support to help giving up smoking.

Contact the Guidance team

Call: 0344 248 0115

Email: guidance@fife.ac.uk

Email: johnblakey@fife.ac.uk

Visit: fife.ac.uk/guidance

