

# Healthy Working

Student & Academic Services

[https://padlet.com/DMUdisability/healthy\\_working](https://padlet.com/DMUdisability/healthy_working)

# In this session

In this session we will:

- Discuss what health and wellbeing means to you
- Learn more about #HealthyDMU
- Share hints and tips that will help to boost your energy levels and wellbeing in areas such as:
  - Sleep
  - Healthy Eating
  - Being Active
  - Connecting with friends & family

Time to find out more about you:



# Mentimeter



# 5 Ways to Wellbeing



#HealthyDMU Hub

[www.dmu.ac.uk/healthy](http://www.dmu.ac.uk/healthy)

**#Healthy**  
**DMU** Enhancing  
your wellbeing



Wellbeing in practice at DMU:

# Ways to look after your wellbeing

# Case studies – what would you advise?

Prakash is a 1<sup>st</sup> year SALT student. His placement is every Wednesday afternoon in a residential care home near Melton Mowbray. He lives in Leicester in halls. He doesn't drive and so will make the journey by bus. He has previously spoken to his GP about feeling anxious about travelling to unfamiliar places. He is feeling very worried about making the journey every Wednesday. On his placement days – he just comes home, lies on his bed and orders Dominoes. It's having a negative impact on his motivation.

Molly is a 1<sup>st</sup> year SALT student. She has financial troubles and a part-time job, working all the shifts she can get. However, she is finding it hard to balance work/study/placement and she has started missing lectures and placement days, either because she needs to work or because she's so stressed out or tired.

# Case studies – your advice



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## In summary:

- Looking after your health & wellbeing can help you to perform well in your studies and at work
- It models healthy behaviour to your clients/patients
- The #HealthyDMU Hub is a great source of wellbeing information and ideas

# What next?

- Masterclasses in the Breathing Space
- Book a Single Point of Access (SPA) appointment

