



**UHI | ARGYLL**

# Student hints and tips

Information for  
students from  
students

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UHI Argyll  
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# Contents

Introduction .....	2
Transition from school and returning to Further Education .....	3
Student support at UHI .....	4
Raising self esteem .....	6
Coping mechanisms and affirmations: .....	7
Confidence builders: .....	7
Anxiety: .....	8
Yoga and how it can promote mindfulness .....	9

# Introduction

We are students studying NC social sciences, as part of our course we have group discussions we decided that we would like to find ways to help present and future students on their journey to Further Education. During our class discussion we found out that several of us suffer from confidence and anxiety issues. We as a class discussed the idea of a student-to-student support booklet in our Personal Development class.

The aim of this booklet is to offer an insight into help and support in college as well as useful coping mechanisms and strategies that we believe students would benefit from. We want to show that support does not have to be scary and that it can be an incredibly positive thing. We hope that our booklet will build the confidence and self-esteem of fellow students.

In this booklet we cover topics such as:

- Starting your Further Education journey which includes transitioning from school to college and returning to education after a break.
- Support available whilst studying the courses in college.
- Coping strategies for stress and anxiety levels.
- Self-confidence building mechanisms and self-esteem building strategies.
- Yoga tips for mindfulness.

*Our class has a large age range with students that are school leavers and mature students returning to Further Education all of whom have a range of mixed abilities from different areas surrounding Argyll and Bute. We are a class of mixed gender we feel that this gives us the opportunity to share our abilities and experiences that brings something different to the class.*

## Transition from school and returning to Further Education

High school is tough. It demands time it won't give, effort that won't change, but most importantly it robs you of the ability to see your future. Drowning you in endless essays and tests, however there is light at the end of the tunnel.

The college or university which you decide to pick gives you freedom you haven't had before, and the biggest question on your mind is probably what college is like and how is it any different than high school.

College is a different environment entirely allowing you freedom and peace of mind, creating a place where for once you can truly learn. It doesn't just offer more opportunities for employment or work positions but also allows you to feel confident or proud while doing it. The environment at UHI is a far more comforting environment maximizing the student's potential.

There is more information at the sites of Leicester college, YOUNG MINDS and [www.samh.org.uk](http://www.samh.org.uk).

Here are some links-

Making the transition to college a little easier [Click here](#)

Transition from school to Further Education [Click here](#)

Managing your transition smoothly [Click here](#)



## Student support at UHI

<https://uhi.spectrum.life/login>



This is on the UHI myday website where you can seek support 24/7 if you feel like needing to speak to somebody about anything that is bothering you which is completely confidential. It also has information on fitness activities to keep your brain stimulated. Can even help you come up with a training plan if you're not too sure what to do. There is also some information on how to keep your wellbeing good and how to stay calm in stressful or panic situations. Nutrition is also a very important part of keeping your mental health and wellbeing good, which this website talks a lot about. This website is very useful for people that are struggling with their emotions, anxiety or depression.

The college also has direct phone numbers 24/7 to help support students in a crisis, so they have someone to talk to. 0800 031 8227. There is also a health and wellbeing Facebook page with support and advice around all different matters that you may be facing.

At every college there are also mental health workers if you wish to seek support face to face. They are always there to help. College support has helped lessen the stigma around support, it has taught us that it doesn't have to be a bad thing.



# Do's & Don'ts

## OF ANXIETY MANAGEMENT



Discuss your worries with others to prevent them from getting worse and festering.



Learn and identify your triggers.



Certain breathing techniques are known to reduce anxiety.



Make reasonable, attainable targets for yourself.



Avoid misusing alcohol or drugs to numb your anxiety.



Avoid focussing on things you can't change.



Avoid isolating yourself.



Don't run away from everything that makes you anxious.

# Raising self esteem

Raising self-esteem is an important thing for a person, a lot of people have very low self-esteem and think there's nothing they can do, but letting yourself have low self-esteem for a long time allows a lot of negative impacts on your life, a lot of people don't know their worth and can end up being taken advantage of in relationships, work, and a lot of other aspects of their life, and some people can end up depressed or full of anxiety constantly nit picking everything they do.

*How low self-esteem can affect your life is something that everyone should be aware of when trying to improve it*

## [How Does Low Self-Esteem Negatively Affect You?](#)

Raising your self-esteem isn't as difficult as it may sound, you just have to learn to love yourself, and over time you **CAN** improve.

### ***Tips and steps***

- Get to know yourself: find what makes **YOU** happy
- Challenge your negative thoughts: “would I say this to a friend” if you wouldn't why you say it to yourself.
- Do something nice for yourself occasionally: make yourself some snacks, chill out and watch your favourite show.
- Accept compliments. You could save them up to look over when you're feeling low or doubting yourself.
- Write a list of things you like about yourself. For example, this could be a skill that you've learnt, or something you do to help other people.
- Etc...[How can I improve my self-esteem? - Mind](#)

### **You can't change what you don't admit needs to change**

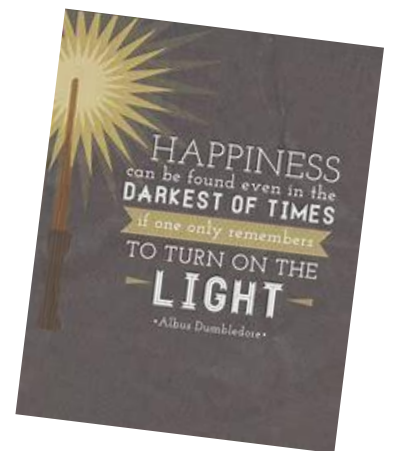
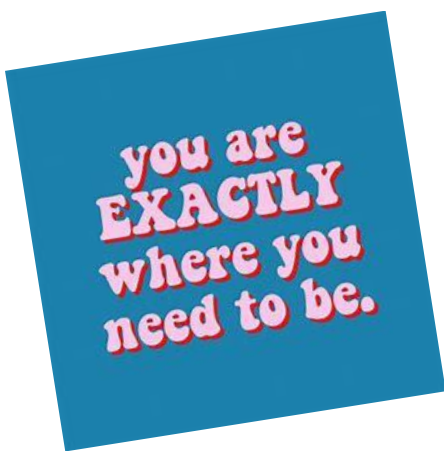
Talk to peers to help you, you don't have to do it yourself, they're a very high chance that your friend that you think is perfect also thinks the things you think.

## Coping mechanisms and affirmations:

- Yoga- completing about 20-30 minutes of intense yoga can help by freeing the mind of any unwanted thoughts or worries.
- Try focusing on more positive affirmations. Instead of having the thoughts “this is scary I cannot do this” try switching your thought process to something more positive like: “this may be scary however I can do anything that I put my mind to.”
- Positive inspirational quotes: my personal favourite is “happiness can be found even in the darkest of time, if only one remembers to turn on the light” find a quote that you can relate to and have it somewhere that you can see every single day.

## Confidence builders:

Public speaking: practice a speech doesn't have to be anything particular but prepare your speech, read the speech out in front of a mirror do this until you feel comfortable stand grounded, eyes on your reflection, slowly you will build that confidence and courage, next time you do your speech do it in front of a family or relative and with time you will have the courage to build this up. Confidence comes from within if you are positive in your way of thinking it will go a long way.



## Anxiety:

If you feel anxious at any point, take 5-10 minutes (longer if needed) look around at your surroundings and deeply focus on your senses. What do you see? What can you hear? Are there any smells? What can you feel? Work on this for a minimum of 5 minutes and you will start to feel a release.

When struggling with anxiety or lack of confidence try to channel a positive person in your life, use their voice to say what it is you want to say for example: “you can and you will achieve the goals you want in life” repeat a mantra over and over until it fully sinks into your subconscious.

*Ask for help from peers or people around you, don't ever suffer in silence.*

*As hard as it may be to try not to compare yourself to others, try to remember that every goal can be achieved and there is no set time limit for you to achieve your goals.*

*Taking care of yourself physically is a way to ensure that you can focus on yourself mentally, eating good, sleeping well, exercise as often as possible release endorphins.*

*Surround yourself with positive people. This will help you feel and think more positively.*



# Yoga and how it can promote mindfulness

Mindful yoga is different to other traditional yoga practices. Mindful yoga focuses more on body and mind awareness and less on the exact posture achieved. Mindful yoga is a great way of acquiring relaxation and at the same time achieving healing from many physical complications.



Mindful yoga combines Buddhist-style mindfulness practice. The fact that it is meditative means that it is useful for reducing stress. It is about cultivating awareness and presence in each moment. Its focus is on being present in the here and now, it can help you tap into your intuition while strengthening your body and calming your mind.



The practice of mindful yoga has become more popular in recent years because it promotes relaxation and can reduce symptoms related to stress and anxiety. Taking just a few minutes each day to focus on breathing, movement and mindfulness can have a huge impact on your mental and physical wellbeing. It can help you to tune out distractions and quiet your mind. It can also be used as a form of self-care and can help you to tap into your emotions and manage stressors in your life.

#### Pro's-

- Mindful breathing can help you connect with your body and release tension.
- Meditation builds self-awareness and reduces negative self-talk.
- Yoga's physical movement can promote relaxation and relieve stress.
- It can build emotional resilience and therefore enable you to face challenges head-on accepting difficulties as part of the process.

Mindful yoga can be practiced by people of all ages and abilities as it can be modified. Deep breathing increases oxygen flow to the brain for clarity and focus therefore can be useful in overcoming anxiety. You may encounter physical and mental obstacles but with mindfulness you can guide yourself through, accepting and working with what arises.

## Some useful yoga websites:

[www.doyogawithme.com](http://www.doyogawithme.com)

[www.movementformodernlife.com](http://www.movementformodernlife.com)

## Useful Channels on You Tube:

Jess Yoga The Wellness Experience



### 5 Mental Health Benefits of Yoga

- Relieve stress
- Lower anxiety levels
- Decrease depression
- Improve sleep quality
- Enhance quality of life



mindful  
www.mindful.org

getting started: movement

## Mindful Yoga


Here's a series of simple postures and movements you can use as part of a sitting meditation session—or anytime.

By Cyndi Lee

This sequence emphasizes balance on your hands, hands and knees, and standing on one leg, as well as when moving the spine in all directions—forward, backward, and sideways. It's great to do whenever you want to cultivate balance and presence in your body/mind: first thing in the morning or last thing before going to bed or anytime in between. It takes about five minutes, but feel free to repeat the entire sequence or any section as much as you like.


As you move through it, notice when your mind strays, and return to the sensation of the breath or any other physical sensation, such as stretching, quivering, or your muscles firing. That's how you'll know when to push and when to back off.

It's particularly useful to do this sequence before meditation practice as it will create both strength, flexibility, and stamina that will support the physical effort required for sitting.




**1**

**HAND WALKING MEDITATION** Place right hand on the floor. Then, left hand on the floor. Walk the right hand a little bit forward. Then the left hand.




**2**

**FINDING BALANCE ON ALL FOURS** Take your time and notice how your weight shifts onto your hands as you move forward. Move around: Shift weight to the right hand and right knee, then to the left, forward and back. Slowly settle into equal weight on all fours.




**3**

**COW POSE** On an inhaled breath, lift up your seat and your chest, while you simultaneously drop your spine toward the earth and into your belly.




**4**

**CAT POSE** Exhale, reversing this curve. Lift your waist; drop your head and tail.




**5**

**STANDING UP** Step back your right hand, then step back your left hand, and then shift onto your feet and stand up. As always, as your attention strays come back to attending to the physical sensations.




**6**

**SHOULDER ROTATIONS** Extend your arms out to the side. Inhale and roll your arms so your palms face up. Exhale and roll arms in, palms back. Begin this action from the shoulders, letting your pinky fingers be the last part to roll up and down.



**7**


**SIDE BENDS** Inhale arms up. Exhale, bend to the right. Inhale up and exhale bend to the left. Pay attention to the movements from side to side, as well as the position of your head.



**8**


**CHAIR POSE** Inhale arms up and bend your knees into a chair pose—two movements at the same time!

Is your mind still in your body? In the room? Gently let it come back.



**9**

**LEG BENDS** As you exhale, stand up on your left leg, right leg bent. Return to chair pose and repeat on the other side. Go right and left, 5-10 times.



**10**

**STAND QUIETLY** Remain still, keeping your eyes open. Notice what you are seeing. Ground yourself in your environment. Feel your feet on the floor. Observe your breath moving.

You can repeat this entire sequence. Feel free to do it as often as you like.

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