

Student Leader

WELLNESS GUIDE

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Campus Consultancy



WELLBEING

DURING STUDY

Overview

As student leaders, you are balancing your time developing yourself, leading teams and managing your studies. It is important to take care of your wellbeing so you can stay focused and do your best work.

We have put together a short guide with tips, resources and actions to help keep your wellbeing up and yourself on track through your studies.

This guide is broken down into 4 sections:

1. Mindset
2. Sleep
3. Food
4. Exercise

We hope that you enjoy this guide, find it valuable and apply the actions now and into the future.

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MINDSET

mindset
/mʌɪn(d)set/
noun

the established set of attitudes held by someone.

Your mindset plays a critical role in how you cope with life and its challenges. Mindsets can control how we feel, how we react and our attitudes and beliefs, which can ultimately control our quality of life. There are 2 different types of mindsets that someone can have, a **fixed mindset** or a **growth mindset**.



Fixed Mindset: *"In a fixed mindset, people believe their basic qualities, like their intelligence or talent, are simply fixed traits. They spend their time documenting their intelligence or talent instead of developing them. They also believe that talent alone creates success—without effort." (Dweck, 2015)*



Being in a growth mindset during study can help you in many ways. Firstly, you will set a clear outcome goal (the mark you want) or a process goal (the number of hours you will study). You will attempt the hard questions and not just the easy ones. You will study longer and not just do the minimum required to pass.

Secondly, you will reframe getting a question 'incorrect' as a necessary part of the learning journey. You will not see it as 'failure.' You will seek feedback from others to help you improve, seeing them as guides rather than competition. Obstacles that present themselves will be viewed as temporary setbacks, not permanent barriers. Finally, you will think about the long term payoff of the learning, not just "will this be on the test?"

Growth Mindset: *"In a growth mindset, people believe that their most basic abilities can be developed through dedication and hard work—brains and talent are just the starting point. This view creates a love of learning and a resilience that is essential for great accomplishment." (Dweck, 2015)*



GROWTH MINDSET RESOURCES

Books:

- *Mindset: How you can fulfil your potential*, Carol Dweck
- *Unlimited Power*, Tony Robbins

TED Talk:

- *The power of believing that you can Improve*, Carol Dweck
www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve

Growth Mindset Tips:

1. Focus on what you can control vs what you can't control.
2. Acknowledge and embrace imperfections.
3. View challenges as opportunities.
4. Replace the word "failing" with the word "learning."
5. Stop seeking approval from others.
6. Value the process over the end result.
7. Celebrate growth with others.
8. Take regular opportunities for reflection.
9. Learn from other people's mistakes.
10. Take ownership of your attitude. You control the quality of your life.

HOW CAN I PROMOTE A GROWTH MINDSET IN MY TEAM?

- Share free mindfulness resources with your team e.g. meditation apps, books, articles, videos etc. Try the Calm app, the Headspace app or the Smiling Mind app.
- Host a meditation event. Find a guided meditation and share it with your group or find an industry professional to host a guided meditation, either in person or virtually.
- Host a workshop (invite a speaker), share growth mindset tips and open up a discussion.



SLEEP

sleep
/sli:p/
noun

a condition of body and mind which typically recurs for several hours every night, in which the nervous system is inactive, the eyes closed, the postural muscles relaxed, and consciousness practically suspended.

It may be tempting to cut into your sleep time to get an assignment and or studying done, especially during the exam period. However, sleep is extremely important to help keep the immune system strong.

Without an adequate amount of sleep, mood, reaction time and learning can all be negatively affected, lack of sleep can also lead to anxiety and depression. With an adequate amount of sleep, we can cope better with challenges throughout the day, our mood is improved, and we can be more focused. (Head to Health, 2019)

Tips to get a better sleep:

- Make sure you are getting between the recommended 7-9 hours per night (Sleep Foundation).
- Stick to a consistent sleep schedule. Go to bed and wake up at the same time.
- Avoid screens before bed.
- Avoid alcohol and caffeine before bed.
- Book study time into your calendar to help manage your time and prioritisation. This can help to avoid long study nights.



SLEEP RESOURCES

Books:

- *Why We Sleep*, Matthew Walker
- *The Sleep Revolution*, Ariana Huffington

TED Talk:

- *Sleep is your super power*, Matthew Walker
www.ted.com/talks/matt_walker_sleep_is_your_superpower

HOW CAN I PROMOTE SLEEP IN MY TEAM?

- Create a sleep challenge and get each person to track how they feel e.g. Week #1: Tech-free bedtime, Week #2: Meditation, Week #3: Getting a full 8 hours, Week #4: No alcohol and caffeine before bed
- Tracking sleep through a sleep app and sharing each person's sleep data as a team. Try the Sleep Cycle app or the Pillow Automatic Sleep Tracker app.
- Share free mindfulness resources with your team e.g. meditation apps, books, articles, videos etc.

“By helping us keep the world in perspective, sleep gives us a chance to refocus on the essence of who we are. And in that place of connection, it is easier for the fears and concerns of the world to drop away.” — **Arianna Huffington, *The Sleep Revolution***



FOOD

food
/fu:d/
noun

any nutritious substance that people or animals eat or drink or that plants absorb in order to maintain life and growth.

You may have heard the saying, “you are what you eat”. The foods you eat alter the nutrients in your body, making it very important to eat foods that have a positive and beneficial impact on your health. Food affects energy levels, mood and concentration, which means it is important to eat whole natural foods to keep the body running. During high-stress times, it can be easy to fall into eating unhealthy eating patterns. Often this can leave our body feeling sluggish and with low amounts of energy. Instead of turning to highly processed foods, such as pre-packaged foods or fast foods, try cooking with whole foods that are nutrient-dense.

Foods for Energy:

- Bananas
- Brown Rice
- Sweet Potatoes
- Eggs
- Apples
- Water
- Quinoa
- Oats
- Yogurt
- Beans and legumes
- Avocado
- Oranges
- Strawberries
- Seeds
- Nuts
- Green Leafy vegetables



HEALTHY EATING RESOURCES

Books:

- *In Defense of Food*, Michael Pollan

TED Talk:

- *How the food you eat affects your brain*, Mia Nacamulli
www.ted.com/talks/mia_nacamulli_how_the_food_you_eat_affects_your_brain/transcript?language=en

Tips for Healthier Eating:

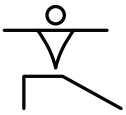
1. Eat slow. It takes 20 minutes to feel full. Take your time and enjoy each bite.
2. Portion control. Remember, a full serving is about the size of your fist.
3. Plan your meals at the start of the week. Write a meal down for each day of the week and grocery shop at one time. This will help make each night easy as you know what you will be eating, it can also help to save money.
4. Cook the majority of your meals. Reward yourself with your favourite food at the end of the week after you accomplish your goal(s).
5. Drink 2L of water per day. This will not only help the body feel full but it will also keep the body hydrated.

6. Avoid high-sugar and highly processed foods, these foods can often leave you feeling sluggish and low in energy.

7. Shop on the outer aisles of the grocery store where the fruits, vegetables, dairy, and meats are located. Avoid the inner aisles where processed foods are typically stored.

HOW CAN I PROMOTE HEALTHY EATING IN MY TEAM?

- Host a cooking demo either virtually or in person.
- Bring in a speaker (dietician, nutritionist etc.) in the industry to talk about healthy eating and food.
- Create a team cookbook.
- Share healthy recipes within your community.



EXERCISE

exercise

/ɛksə'saɪz/
noun

activity requiring physical effort, carried out to sustain or improve health and fitness.

Daily exercise can help improve focus and concentration when studying, in addition, it can help improve your mood, increase energy, help you have a better sleep and of course improve your overall health. Frequent exercise can reduce anxiety and depression (BlackDog Institute, 2020). When it comes to studying, a great reframe is to think of exercise as a reward, and a chance to recharge your energy levels and refocus.

Whether you enjoy walking, strength training, running, team sports or at home workouts, a little movement can go a long way. Remember, always consult a physician or medical professional before starting any new exercise regime. Once you have professional guidance, set a goal where you commit to a certain amount of time exercising per week. If you aren't in the habit of exercising, check out some of our exercise tips.

EXERCISE TIPS:

- Schedule your workouts in advance and book them into your calendar.
- If you are ever feeling unmotivated, ask yourself why you're exercising in the first place. Will you feel more energised? Are you working towards a fitness goal?
- To help get yourself motivated, try putting on some upbeat music.
- Change into your workout clothes to help get you into the right mindset.
- Exercise at a time of day when you feel most motivated. Is it in the morning, in the afternoon or in the evening?
- Take a study break . Grab a friend and go for a jog or walk around around the park.



EXERCISE RESOURCES

Books:

- *The 4 Hour Body*, Timothy Ferriss
- *Drop Dead Healthy*, A.J. Jacobs

TED Talk:

- *The brain changing ways of exercise*, Wendy Suzuki
www.ted.com/talks/wendy_suzuki_the_brain_changing_benefits_of_exercise

HOW CAN I PROMOTE EXERCISE WITH MY TEAM?

- Get your group together and sign up to do a fun-run.
- Host a sport team event. Baseball, basketball, tennis or a soccer game.
- Create an exercise challenge e.g. daily, weekly, or a 30 day challenge.

“The decent method you follow is better than the perfect method you quit.” — **Timothy Ferriss, The 4-Hour Body**

SUMMARY

Mind, sleep, food and body all go hand in hand and contribute to your ability to be a leader in your own life and the community. Building healthy habits into your daily routine will help you thrive and perform at the highest possible level.

The good news is you don't have to take any of these steps alone. Grab a friend and hold each other accountable. Support each other. Check in with your friends and ask if they are okay. Remember to take care of yourself on a daily basis. Leaders continually work to improve all areas of their lives so they can be of the most service to others, and that starts with looking after ourselves.

1. Take steps to apply a growth mindset throughout your life.

2. Make sure you are getting 7-9 hours of good quality sleep per night.

3. Eat food that will make your body happy.

4. Move your body everyday.

To learn more about how we help leaders create positive change as individuals, in their communities and for their teams, please reach out to us via email or at our website:

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