



## HEALTH & WELLBEING CHECKLIST



### **Familiar with support?**

*Security, ClaSS, HealthyDMU, Mandala, No Space for Hate and more.*



### **Asked for support?**

*when you need it, ask!  
Unsure? speak to DSU Advice & Wellbeing.*



### **Health Services**

*got a GP?, know where the Hospital is? (check out the DMU surgery and the Royal)*



### **Vaccinated?**

*had all your vaccinations?  
Keep yourself and others safe.*



### **Ensure support**

*inform the Uni of any mental health, disabilities, or medical issues to ensure full support.*



### **Register your C Card**

*why pay for condoms when you can get them for free?  
Register at DSU.*



### **ICE (in case of emergency)**

*make sure you save your emergency contacts in case you need them.*



### **Get involved**

*sign up to an extra-curricular activity. There's societies, sports, volunteering and more!*



### **Connect**

*reach out to people, this is new to everyone!*



### **Budget**

*work out your spending. You may need a part-time job.*



### **Down-time**

*dedicate time in your day to do something you enjoy.*



### **To do**

*checklist everything! Break down tasks into smaller jobs.*



### **Go outside**

*going for a walk is one of the best ways to reduce stress.*



### **Breathe**

*take a few deep breaths and slow everything down.*



### **Self-care**

*eat healthy, drink water, sleep well, exercise and enjoy life.*