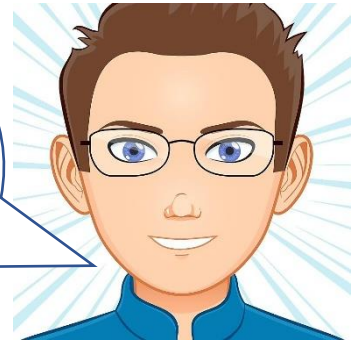


#Time2ImproveU



#Time2ThinkofU

Time2ImproveU helps you recognise the signs of your low well-being. Then think of how you can improve this, by concentrating on things that mean something to you.



How can I tell when my well-being is being affected?

(Consider things such as: Mood, Concentration and/or Stress)

What things do I enjoy doing?

(Make the effort to do them)

Who do I have around me who I could speak to?

(Talking about how you feel helps)



Use what you have identified to make important changes in how you are feeling and improve your level of well-being. Resources found on our website can help you do this, as well as our network to other students and organisations. Remember change comes from within, and you do have the ability to do it.