

What level of study are you?

- Access
- Level 1
- Level 2
- Level 3
- Postgraduate

What would you consider is your main area of study?

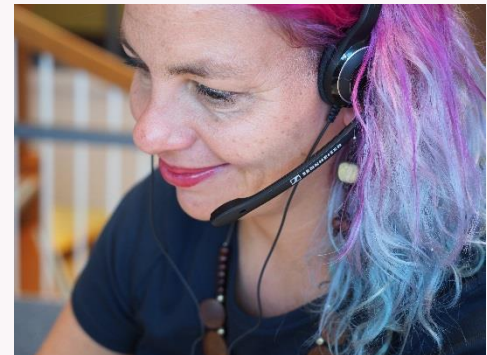
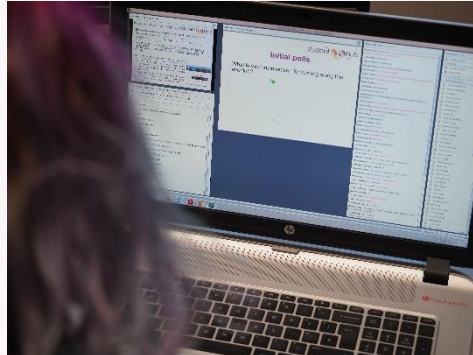
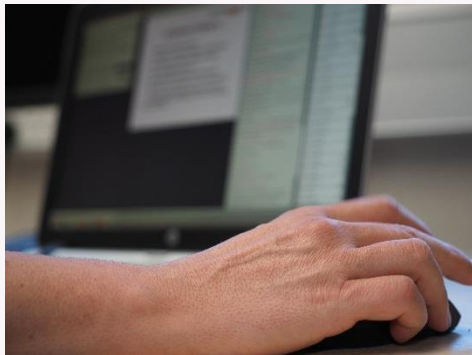
- Arts
- Languages (English & other)
- Social sciences
- Business and law
- Science
- Engineering or technology
- Maths
- Health sciences
- Education
- Sports
- OTHER

Have you been to any student hub live online events before?

- No (I'm brand new!)
- No (but have listened to one or more recordings)
- No (didn't have time)
- No (wasn't aware of before now)
- Yes any 2020 so far
- Yes any 19J (Oct-Dec 19)
- Yes earlier 2019 (Jan-Aug 19)
- Yes previous year (any 2018 or before)

What are student hub live online sessions?

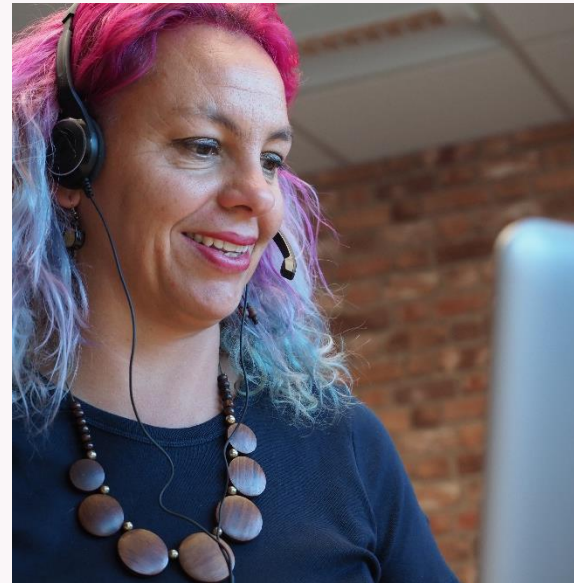
- All student hub live sessions are non modular and focus on skills relevant to study at university level
- Polls are anonymous to other participants but the chat box will have your logged in name associated with your comments
- All online sessions are recorded and available to view on catch up on a public facing website.
- Slides are available to download during the session and from the main website



student hub live is the OU's live online interactive platform to support academic community



Karen Foley is a lecturer at the OU, head of student hub live and chairs Y032. She also tutors in social sciences, psychology and science.



Isabella Henman is an essay writing aficionado and skills trainer. She tutors in science and health sciences at Access to level 2.

Initial polls

What is your main reason for coming along today?
(If you are on a mobile device remember you need to tap into the polling option)



To come back to these slides after completing a poll click on the share pod slides icon



Building your own self-care and wellbeing recipe

This was our advert...

The practice of self-care doesn't have to involve a day out at the spa or any kind of grand gesture. In fact, wellbeing can be found in momentary interactions and a deeper understanding of what really nourishes us as an individual. In this workshop, Positive Psychology expert Jeni Sanderson will share the science of why it's important to take notice and care of your emotions, and guide you to explore what you can do to boost performance, productivity and wellbeing.

Workshop

- This is going to be a structured workshop to help you get thinking about self care and well being
- Jeni will share some practical tips and research based information
- She'll give some advice on good strategies to help
- You'll also get the chance to discuss things with others in the session and see suggestions from others

Session purpose

- **Is for:**
- Provide a space to share ideas and connect with other students
- Look at some common themes and make suggestions
- **Is not for:**
- Telling you what you HAVE to do
- Providing any module, subject or person specific advice

Poll time

- Since the start of the coronavirus epidemic have you found you have been:
 - More worried about self care
 - Less worried about self care
 - Don't really think about it?
- If there has been a change could you say the main reason in the short answer poll available

Past sessions

- Today is a bit different as it is not specific to study as such
- However we did run some sessions more about coping with study in uncertain times and managing your positivity within study
- These are both available to catch up
- Either go to <http://studenthublive.open.ac.uk/> and choose Event Catch up or in the same room you came into today select view recordings

Poll time

- Tell us about a moment of joy from your past week. Please use the short answer poll to share your experience and see what has made others happy

Our guest speaker



Jeni Sanderson is a
psychology coach
and speaker

What is positive psychology?

“A positive attitude may not solve all your problems, but it will annoy enough people to make it worth the effort”
Herm Albright



Self-Care doesn't have to mean grand gestures...

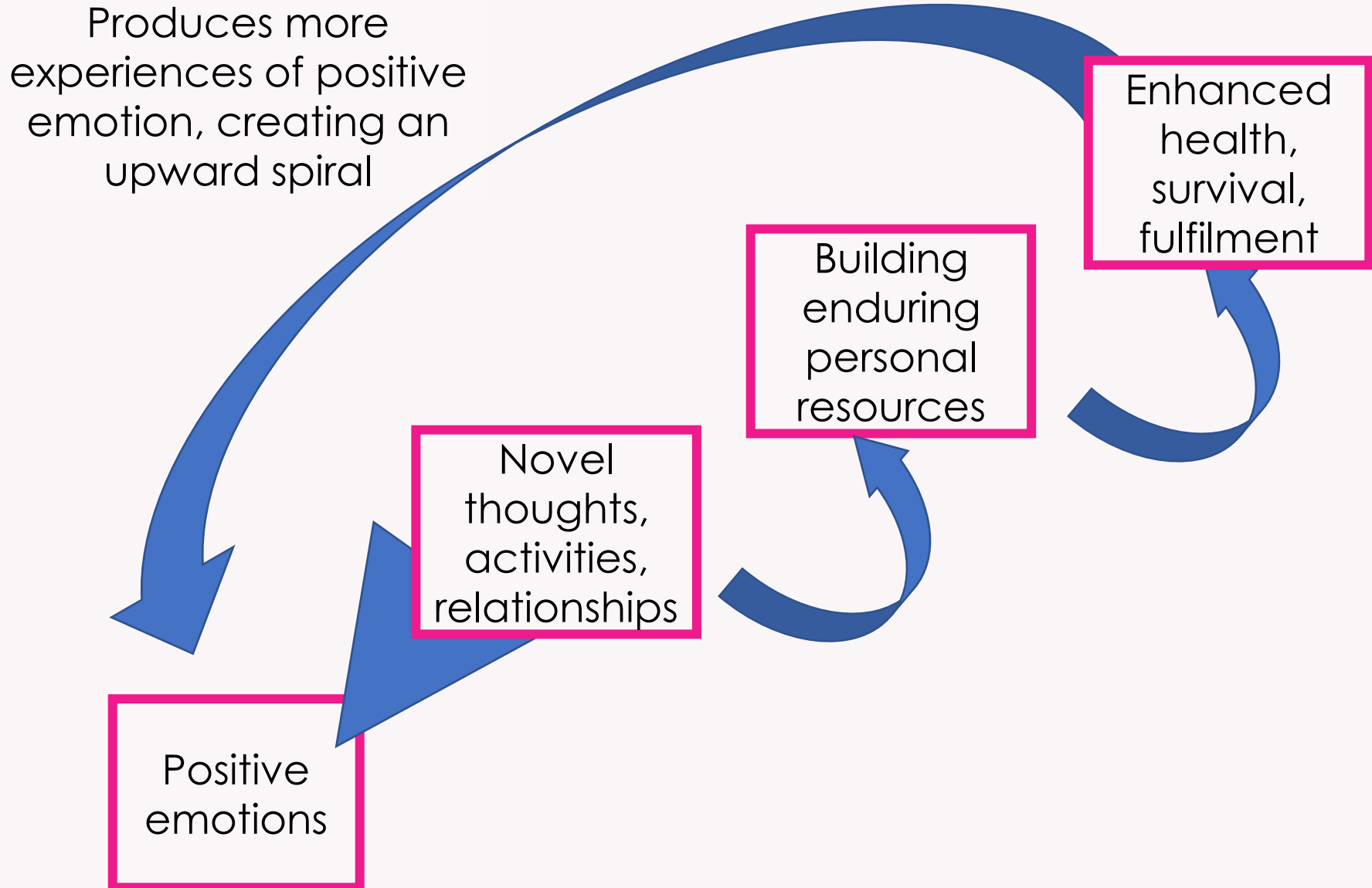
- Today I'm going to share a few models to support your wellbeing:

**Broaden &
Build
Theory of
Positive
Emotions**

**5 Ways to
Wellbeing**

**Exercises
&
Action plan**

Broaden and build theory



Positive emotions - themes

- Peace and serenity
- Joy and love
- Excitement and eagerness
- Hope and optimism
- Interest and inspiration

Discussion activity

- Choose one or two of the 5 themes of positive emotion within your group and discuss what actions, activities, thought processes or behaviours bring you those emotions
- Don't worry about being profound or if you aren't really sure, sharing ideas is the idea here
- Please bring back a few points that you can share with the rest of the group.

Useful points for breakouts

- We suggest you use the first couple of minutes to introduce yourselves and get used to the room. Choose a volunteer to keep the discussion on track and feed back to the main room
- Remember to activate your microphone to speak if you want to.
- Breakout groups work best if people engage and contribute and discuss
- There will be ~10- minutes for the breakouts overall – we'll send regular reminders to let you know how long you have got left

Remember to check the number of the room you are in (shows at top of chat pod as “chat x

***BREAKOUT y**”) in case of connection issues and for bringing back information.*

Breakout activity



- Choose one or two of the 5 themes of positive emotion within your group and discuss what actions, activities, thought processes or behaviours bring you those emotions
- Don't worry about being profound or if you aren't really sure, sharing ideas is the idea here
- Please bring back a few points that you can share with the rest of the group.

This session is currently in breakouts (small groups).

If you are part of this group and have had connection issues please let us know your room number in the chat box

If you are only just arriving in this room then unfortunately you have missed a large part of the main session. Please log back out and watch the recording which will be available after the event

What ideas are there?

- Please use the short answer poll pod or chat pod available to give some themes that came out for your group

5 ways to wellbeing

- Connect
- Be active
- Take notice
- Keep learning
- Give

Connect

- There is strong evidence that indicates that feeling close to, and valued by, other people is a fundamental human need and one that contributes to functioning well in the world.
- It's clear that social relationships are critical for promoting wellbeing and for acting as a buffer against mental ill health for people of all ages.



Be active

- Regular physical activity is associated with lower rates of depression and anxiety across all age groups. Exercise is essential for slowing age-related cognitive decline and for promoting well-being.
- But it doesn't need to be particularly intense for you to feel good - slower-paced activities, such as walking, can have the benefit of encouraging social interactions as well providing some level of exercise.



Take notice

- Reminding yourself to 'take notice' can strengthen and broaden awareness.
- Studies have shown that being aware of what is taking place in the present directly enhances your well-being and savouring 'the moment' can help to reaffirm your life priorities.
- Heightened awareness also enhances your self-understanding and allows you to make positive choices based on your own values and motivations.



Learn

- Continued learning through life enhances self-esteem and encourages social interaction and a more active life.
- Anecdotal evidence suggests that the opportunity to engage in work or educational activities particularly helps to lift older people out of depression.
- The practice of setting goals, which is related to adult learning in particular, has been strongly associated with higher levels of wellbeing.



Give

- Participation in social and community life has attracted a lot of attention in the field of wellbeing research.
- Individuals who report a greater interest in helping others are more likely to rate themselves as happy.
- Research into actions for promoting happiness has shown that committing an act of kindness once a week over a six-week period is associated with an increase in wellbeing.



Well being bingo!

- Using the dedicated chat pods available suggest what you can do to help yourself for each of the 5 areas. Don't worry if you can't think of ideas for all of them but do look at others suggestions to see whether there is anything you could do.
- If you are on a mobile device you will need to select the correct named pod to add your answer each time.

Well being recipe

My nourishment activities	
5-10 mins	<ul style="list-style-type: none"> - Coffee break outside, no phone - Listening to my favourite tracks
20-30 mins	<ul style="list-style-type: none"> - Walk through the woods - Call my best friend
30mins – 1 hour	<ul style="list-style-type: none"> - Go for a bike ride - Bake a cake
1 hour plus	<ul style="list-style-type: none"> - Have a bubble bath - Play a game with my room mate

Homework!

Today, I commit to doing these nourishment activities:

- Choose four 5-10 min activities, one 20-30 min activity & one 30min – to longer activity.

Maybe share with a friend / family member what you are going to do and see if you can get them involved too

Take home message

- What you focus on grows, what you think about expands and what you dwell upon becomes your reality...

Final polls

What do you feel is the main thing you will take away from this session?

What are you going to do as a result of this session?

Which of the following elements of this session did you find useful?

- Tutor led explanation
- Opportunity to chat in text chat box
- Opportunity to suggest ideas in polls
- Opportunity to read ideas suggested in polls
- Breakout room (discussion with / learning from other students)
- Breakout activity (reflecting on the concepts in more detail)
- Any other aspect (please give details in chat)

Upcoming workshops

20/5 11-12 Motivation and productivity – practical tools for tapping into the brain's reward system

3/6 11-12 Simple tools and reflective ideas for boosting resilience

22/5, 26/5 and 2/6 (all 11-12) REMOTE EXAMS – set of 3 linked workshops

Details, booking and catch up

<http://studenthublive.open.ac.uk/>

