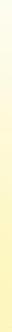
Support and Wellbeing for Student Carers

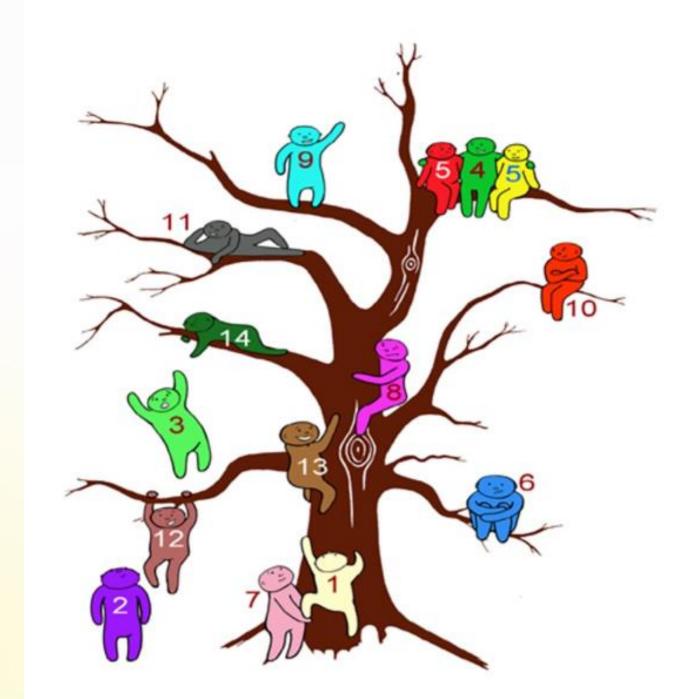




Nichola Kentzer – OU Student Carer Champion Carolyn Johnstone – OU Student Carer Champion Rob Moore – Amazing Student Hub Live host

How are you doing?



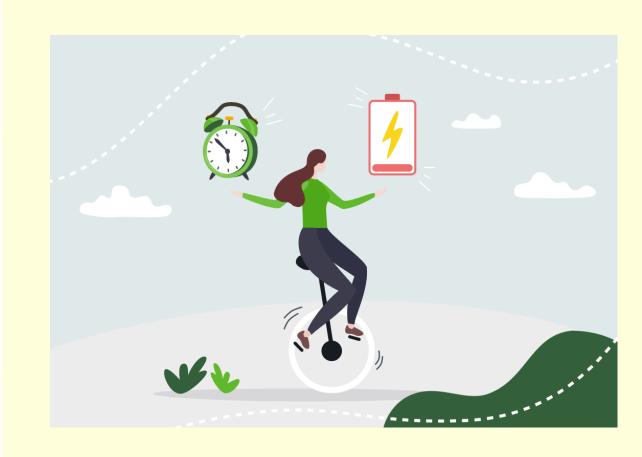




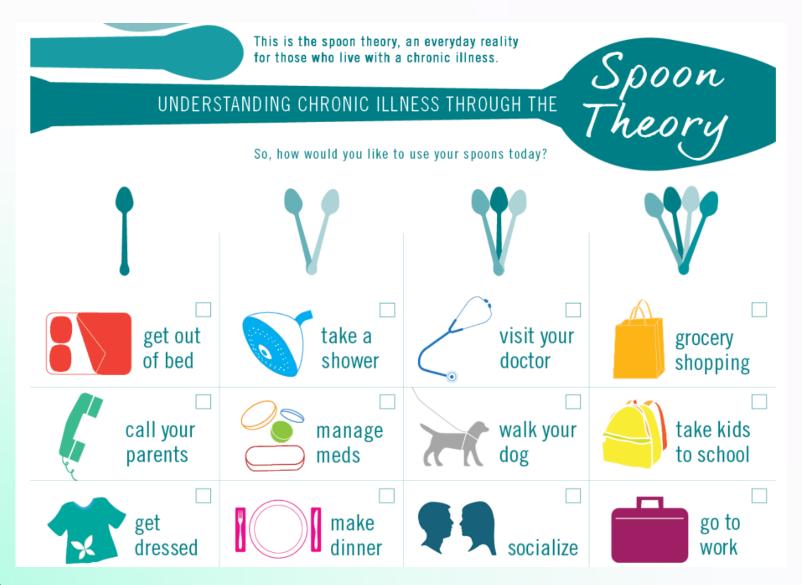
Thinking about the differences between time and energy

Planning out your day sounds good, but you won't get far without having the mental or physical energy to complete the tasks on your to-do list.

Try and consider each differently when planning your study.









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- Student carer flag
- Carer's Bursary
- Special circumstances

The Student Support Team (SST)

Help Centre

Support for carers

Other sources

- Local carer centre
- Carers UK



Be Kind to Yourself! 1 Don't expect perfection. From yourself or anyone else. You are exactly who you are supposed to be and you are doing your best. Slow down! H's okay to work more slowly and be less 'productive'. There's a lot of stress going around. So slow down and take it easy. 3 Let your emotions out ... Cry if you need to. Tell a friend about your feelings. Or write them down in a note or in your journal. Having negative feelings is human and 1 Take a break! Do something that you love. Just for you. Just because. We all need help and it's okay to ask for it. We're all here on earth to help each other. www.loveandkindnessproject.org

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