Links for SHL well being. Please note we have no control over external sites.

Visit us at http://studenthublive.open.ac.uk/ and subscribe for events as they are announced. Send us feedback at studenthub@open.ac.uk

Past student hub live online study skills sessions https://studenthublive.open.ac.uk/eventlist_catchup

Send us study buddy images at studenthub@open.ac.uk

Maslow

https://www.simplypsychology.org/maslow.html

Performance curve

https://delphis.org.uk/peak-performance/stress-and-the-pressure-performance-curve/

stress bucket

https://mentalhealth-uk.org/blog/the-stress-bucket/

circle of influence

https://positivepsychology.com/circles-of-influence/

Well being app

https://help.open.ac.uk/ou-wellbeing-app

Disability support

https://help.open.ac.uk/contacts-for-disability-support

OUSA

https://www.oustudents.com/

Mental health support

https://help.open.ac.uk/mental-health-support

National support network

https://ou.nsn.org.uk/

Hub of hope

https://hubofhope.co.uk/

Shout

https://giveusashout.org/

Samaritans

https://www.samaritans.org/how-we-can-help/contact-samaritan/

Sconul using other university libraries

https://www.sconul.ac.uk/sconul-access?usertype=63%2C50&field_accepted_bands_tid=63%2C64%2C65%2C66%2C1572

Time management OU help
https://help.open.ac.uk/time-management-skills
https://www.open.edu/openlearn/mod/oucontent/view.php?id=28143&section=4.1
https://www.open.edu/openlearn/health-sports-psychology/mental-health/time-management-and-study

Open learn courses on time management

https://www.open.edu/openlearn/education-development/university-ready/organisation-and-time-management-academic-study-skills

https://www.open.edu/openlearn/education-development/ten-tips-students-starting-university

https://www.open.edu/openlearn/local/ocwglobalsearch/search.php?q=becoming%20ou%20student

OU study with me facebook (discord)

https://www.facebook.com/groups/845643519504519

Study with me youtube videos body doubling

https://www.youtube.com/watch?v=yZDtCrY2CUY&t=1654s

https://www.youtube.com/watch?v=sUwD3GRPJos&t=3329s

https://www.youtube.com/watch?v=1ex_bNIFR1A&t=3204s

https://www.youtube.com/watch?v=FerGgYXVXiw

https://www.studystream.live/focus-room

Forest https://www.forestapp.cc/

Pomodoro

https://en.wikipedia.org/wiki/Pomodoro_Technique

Gantt https://www.tomsplanner.com/

Grow things on screen as you work with FLora https://flora.appfinca.com/en/