

Let's get chatting polls

How are you feeling today?

- Great
- Good
- OK
- A bit worried
- Very worried
- Panic mode engaged

What's the weather like today?

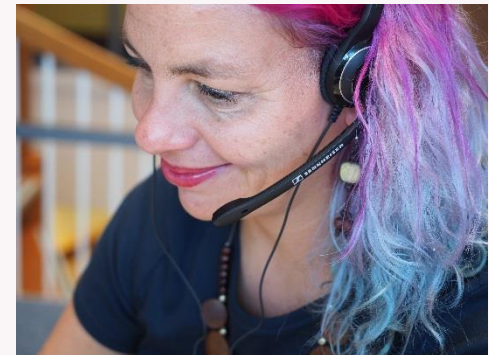
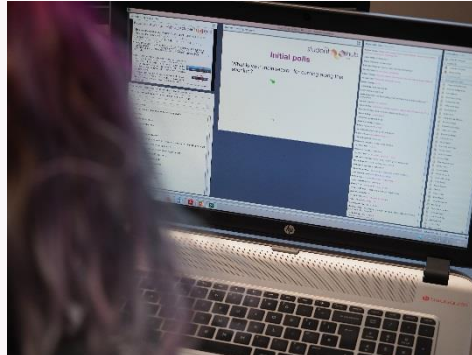
- Sun
- Cloud
- Rain
- Snow
- I haven't looked out the window!

Was the best thing you have eaten in the last 24 hours...?

- Chocolate
- Home made / grown (by me)
- Home made / grown (someone else)
- Nice out of a packet
- Not nice out of a packet
- I'm on survival rations already

What are student hub live online sessions?

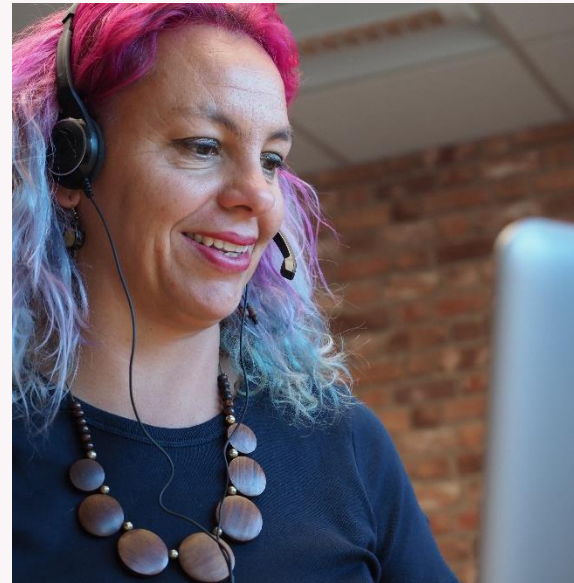
- All student hub live sessions are non modular and focus on skills relevant to study at university level
- Polls are anonymous to other participants but the chat box will have your logged in name associated with your comments
- All online sessions are recorded and available to view on catch up on a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



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Today's session

- This session is likely to be extremely busy so the chat pod will move very fast. Please do be aware of that. We will try and answer as many questions as we can but do check if they have already been answered.
- It would help to put a Q at the front of a specific question
- We can not answer any individual questions about personal situations we are afraid.

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



Looking after your wellbeing and nailing your studies: how to cope with it all in uncertain times

This was our advert...

Over the last few weeks our worlds have changed. For some this presents a great opportunity to learn; for others it is a frustrating time — having to juggle chores, worries and stress. Whatever your situation, it's good to get together and talk to others. We'll explore how stress can impact us, what we know from positive psychology about wellbeing, and some practical interventions that can help to lift your mood and make it easier to study. This workshop should give you new ideas and the opportunity to rethink strategies — both for coping, and for nailing your studies.

Workshop

- This is going to be a structured workshop to help you get thinking about how to study effectively in the current situation
- We'll get you thinking about various elements and sharing ideas
- We'll give some tutor advice on good strategies
- 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

To be clear 😊

- We are going to be as practical as possible within the workshop remit.
- We are aiming to stimulate thought and present some strategies
- There will be plenty of opportunities to share ideas and we will highlight some that are effective.
- There will be **lots** of interaction and things move quickly but this is a real time session with lots of people so decide what you want to take from it as it will be virtually impossible to read every single comment

Look for news

- Information *for all students* is also on studenthome news
<https://msds.open.ac.uk/students/>
- Module specific news is on your module news page (module > news tab)
- The university is also emailing some important updates so check your email regularly

Poll time

- Since the start of the coronavirus epidemic have you found you have:
 - More time to study
 - Less time to study
 - No difference in amount of time to study?
- If there has been a change could you say the main reason in the short answer poll available

Juggling

- Juggling can be very successful if you practice but it can also go rather wrong.
- Be realistic about what you can juggle



The science of stress



- Stress is a normal bodily reaction to a stressor and seeks to remove the body from imminent danger
- Your body is prepared to
 - **Fight, flight or fright**
- For humans if the stressor continues then the initially beneficial effects become chronic and can be damaging

Effects of stress

- Cardiovascular
- Immune system
- Memory / concentration
- Reproduction
- Gastrointestinal
- Digestive system
- Endocrine (hormonal) system

Protective becomes damaging

Managing stress

Humans are the only animal that can visualise stress (e.g. experience stress in the absence of an immediate physical stressor)

Which means...

They can un-visualise stress as well!

- Aka managing what is causing the stress *as far as possible*

How do you manage stress?

- Please use the short answer poll to give your most effective strategy for managing stress.
- Don't worry if you don't have any suggestions but do look through the other suggestions to see if any might work for you.

Key themes

- Exercise
- Healthy eating
- Relaxation
- Mindfulness

Managing stress

Advice at <https://help.open.ac.uk/managing-stress>

- Learn to recognise yourself and what actually helps properly (as opposed to a temporary artificial lift which then makes you worse)



Learned helplessness

- Learned helplessness is a trait in which individuals (human or animal) learn to believe that they have no control over pain / discomfort that they experience so they no longer try to do anything to minimise it
- Personal helplessness is where the individual has no control but others may have it

Positive psychology

- Learned optimism – developing resilience and actively and volitionally try and be positive
- Looking at what makes life worth living and building those positives rather than focusing on or even acting to repair the negatives



PERMA framework



- **Positive emotion:** feeling good.
- **Engagement:** being completely absorbed in activities.
- **Relationships:** being authentically connected to others.
- **Meaning:** purposeful existence.
- **Achievement** a sense of accomplishment and success.

Poll time

- Based on these strategies can you see any places where you could apply positive psychology techniques? Please give your suggestions in the short answer poll provided and remember to look at other suggestions

Locus of control

- Internal locus of control – **you** make things happen, you can affect outcomes through effort and ability
- External locus of control – things happen **to you** and outside forces like fate make things happen
 - **I control my destiny**
 - **OR**
 - **Others control my destiny**

Positive activity time

Using the two poll pods available please answer these two questions and look at the other suggestions provide by other students:

- What is one thing you could do to de-stress yourself *today*?
- What is one thing you could do to care for yourself *in the next week*?
- How likely are you to do either of those things?
(select from very likely, somewhat likely, possibly, unlikely, no chance)

Practical advice

- Pace yourself
- Working with distractions
- Get prepared
- Keep social

Mental health support

- Big white wall mental health & wellbeing support
<https://www.bigwhitewall.com/>
- Disability help team
- <https://www.nhs.uk/Conditions/stress-anxiety-depression/>
- NHS 'Every Mind Matters'. Corona advice.
<https://www.nhs.uk/oneyou/every-mind-matters/>
- Shout. Free text service for anyone after immediate support for their mental health.
<https://www.giveusashout.org/>
- Student Minds. Corona advice.
<https://www.studentminds.org.uk/coronavirus.html>

Take home message

- Stress can affect anyone but it is possible to reduce the impact at times through positive psychology means
- Some things may be outside your control but not all are so you can act to improve many things

Final point

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