

Wellbeing Support at Arts SU

What is Wellbeing?

Wellbeing is how we are doing as individuals and communities -- it's a measure of our comfort, health, and happiness. The environment we are in and the experiences we have can affect this. Wellbeing can be thought of in many intersecting ways, and here are 3 of the main ways we approach this:



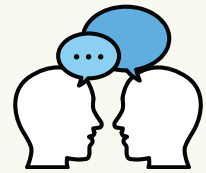
Emotional Wellbeing

Emotional wellbeing is how you are feeling in your mind. This can come from experiencing positive emotions, feeling satisfied with life, regulating your emotions well, an ability to manage stress, developing healthy habits, and feeling supported by those in your life.



Physical Wellbeing

Physical wellbeing is how you are feeling in your body. This can come from the right nutrition, good sleeping habits, being active, a healthy relationship with food, minimising harmful substances, treating illnesses, and resting.



Social Wellbeing

Social wellbeing is a sense of community, belonging, and connection to others. This can come from spending time with friends, pursuing meaningful relationships, making a contribution to society, and being part of a group.

Here are some of the different ways we can support you...

Advice Service

Arts SU Advice Service is **impartial, independent, confidential, and free**. They are here to support you with a range of problems and can offer tailored advice on issues with your course, assessments, housing, harassment and more.

Companion Scheme

The Companion Scheme launched at the start of lockdown as way to keep UAL students **connected, creative and collaborative**. There are over 600+ students involved, and you'll be paired with another student with similar interests and be able to access groups and online activities.



Societies and Sports Clubs

Societies and Sports Clubs can be a great way to **meet like-minded people, explore your interests and develop your skills**. They host regular events from socials, team practices, panel discussions, competitions, creative workshops, and more. There's something for everyone at Arts SU!

Arts Active



Arts Active is all about trying new, exciting things. It's a great opportunity to meet people across different campuses, access affordable activities, have fun and relieve stress. Take part in sessions such as **yoga, mindfulness, and creative writing for wellbeing**.

Student Officer Campaigns

Your elected sabbatical officers **Eleanor West (Activities Officer)** and **Pinky Latt (Welfare Officer)** are working to improve mental health support for students, especially in light of the impact of the pandemic. Some of their key goals include:

- Identifying improvements to be made towards all mental health support provided by UAL, including more investment into UAL counselling services
- Mental Health First Aid training to be made compulsory for all staff and more training for students
- Produce a report examining issues faced by students during crises and ways to make them inclusive safe spaces for constructive feedback
- Getting UAL to commit to creating a hardship fund that allows students to access clubs, societies and activities

Find out more and get involved at www.arts-su.com