

THE WELL-BEING BASICS

How to stay happy and cope if you're not

CONNECT

Plan ways to keep in touch with home. Check out your UK university's clubs and societies before you leave to make friends and connections.

*How & when will you keep in touch?
Have you been in touch with others heading to the UK?*

BE ACTIVE

Find out what sports and activities are available at your University and which you'll need to investigate further

Is there something you're determined to do in the UK? Make yourself a note to make sure you do it.

GIVE

Helping others is proven to improve your mood

*How can you 'give' while you're in the UK?
Does your University have a volunteering page?
(Check what your visa allows)*

TAKE NOTICE

Keep a journal, photo diary or vlog while you're in the UK. What differences do you notice between the US (or your home country) and the UK? Why is it different?

What are your plans for noticing and reflection while you're abroad? What are you expecting to find in the UK?

SELF CARE

Treat yourself kindly. Get enough sleep. Eat well and be sensible about alcohol. What are YOUR self-comfort techniques?

Write yourself a note to remind you what improves your mood. Do you need to identify how you can do that in the UK before you leave?

KNOW YOURSELF

Knowing your triggers is the first step in avoiding problems. It's smart to know what are the signs that you're struggling so you can ask for help.

*What situations do you need to look out for?
What are signs in yourself that things aren't right?*