

September 2026 Wellbeing Update

For more information visit [NHS 5 Steps to Mental Wellbeing](#)



Supporting Your Wellbeing, Success and Learning Journey



Welcome to this our Welfare Update. As well as supporting your learning, we are committed to helping you stay healthy, happy, and connected. Take a few minutes to explore this month's tips, local opportunities, and support services.

Wellbeing Focus Managing Stress

Feeling stressed from time to time is normal, especially when balancing learning, work, family, and everyday life.

Try these simple ways to reduce stress:

- Take regular breaks throughout the day
- Get outside for some fresh air and exercise
- Talk to someone you trust
- Practice mindfulness or deep breathing exercises
- <https://youtu.be/cEqZthCaMpo?si=Os32nWenr-nSG4Ov>
- Set realistic goals and celebrate small achievements

Remember, it's okay to ask for help when you need it.



Get active

Getting active can boost your mood, increase energy levels, and support your wellbeing.

Why not try:

- A short daily walk
- Gentle stretching
- Gardening
- Cycling
- Joining a local activity group



Every little bit of movement makes a difference.

Remember

You are not alone on your learning journey.

Whether you need help with your studies, wellbeing, confidence, or future plans, we are here to support you every step of the way.

Learn • Grow • Thrive

