

# 18 WELLBEING HACKS FOR STUDENTS

## NOTICE

### HACK 1:

#### Name your emotions

Develop your emodiversity by widening the range of emotions you notice and name

### HACK 2:

#### Eat something you're looking at

Practice mindful eating – getting out of autopilot and focusing your attention on what you're eating, without judgement

### HACK 3:

#### Watch your thoughts

Identify and change unhelpful thinking patterns, such as fortune telling and catastrophising

### HACK 4:

#### Write yourself a lifeline

Take time to clarify your life story by looking for patterns in the good and bad experiences you've had

### HACK 5:

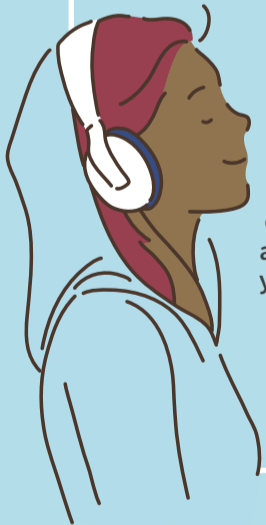
#### Use music on purpose

Take time to notice how the music you listen to affects your emotions and shapes your identity

### HACK 6:

#### Stop dating people like your parents

If, as a small child, you experienced loss, neglect or abuse, there may be things you need to unlearn about how relationships work



## ENERGISE

### HACK 7:

#### Paint your broken edges gold

Use the ancient Japanese art of Kintsugi to celebrate the imperfections that make you beautiful and unique

### HACK 8:

#### Sleep for eight hours

Use sleep to re-tune your ability to react to emotional experiences

### HACK 9:

#### Stand on a desk

Challenge yourself to try out new experiences and become more flextrovers

### HACK 10:

#### Take a forest bath

Immerse yourself in nature – this is called shinrin-yoku in Japan, which literally means forest bath

### HACK 11:

#### Do (almost) nothing

Spend time on an undemanding task, such as doodling or aimless walking, to free-up the creative parts of your mind

### HACK 12:

#### Take an exercise snack

Take a short walk, of just a few minutes, to improve your mood and help creativity

### HACK 13: Breathe tactically

Slow your breathing to override the body's fight or flight response and help you de-stress



## CONNECT

### HACK 14:

#### Stop liking people

Stop 'liking' social media posts and speak to people instead

### HACK 15:

#### Join (or leave) a group

Invest your time in a group that makes you feel valued and, if it doesn't, leave it

### HACK 16:

#### Ask someone if they're okay – twice

Asking someone if they're okay a second time shows them you're not just being polite – you really do care

### HACK 17:

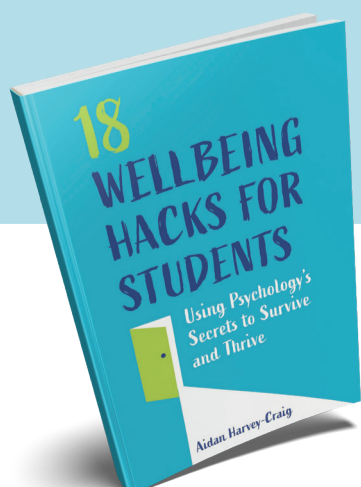
#### Thank your way out of chaos

Take time each day to think of things you're grateful for

### HACK 18:

#### Hug someone real

Hold hands and hug people you trust



[www.wellbeinghacks.org](http://www.wellbeinghacks.org)  
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