

Wellbeing Toolkit

Self-care

- Stay up to date with [Essentials](#) for all the latest information and support.
- [Big White Wall](#) is a free mental health support network which you can access 24 hours a day, 7 days a week.
- The University of Reading [Counselling and Wellbeing Team](#) are offering telephone counselling, wellbeing and mental health support, free of charge to all UoR students.
- Join RUSU's community [Facebook group](#) and read their advice on [Covid-19](#).
- Support our Students scheme has been introduced to help students who are feeling isolated, you can fill in [this form](#) to tell us what kind of support you're looking for.
- NHS [Every Mind Matters](#) website provides advice on looking after your mental health and wellbeing.
- [Coping during Covid-19: A Guide to Students, from Students](#), is a booklet created through the eyes of students in collaboration with [Rethink Mental Illness](#), to help you during this time.



Study & Exams

- [Study Advice](#) pages can help you find a routine and get the best out of your studies.
- [Life Tools](#) is now online via webinars. To enrol, click on the [Life Tools Blackboard course](#). To find out what sessions are coming up, visit the [Life Tools webpage](#).
- For guidance on exams, please visit the [Exams & Assessment](#) page on Essentials.
- The University of Reading Careers team have written a helpful blog on [tips for remote working](#).
- The [University Library News blog](#) has lots of helpful posts on studying, including '[Preparing for take home exams](#)'.

Money

- [Blackbullion](#) offers several educational courses to help you better handle your finances while at university, including an article on funding during the COVID-19 pandemic.
- The [Student Financial Support team](#) are there to provide advice and guidance about what temporary or permanent help might be available in your particular circumstances.
- [RUSU](#) have put together information about the effects of COVID-19 on students in regards to finance and housing - [Coronavirus: implications on finances and housing](#).
- Stay up to date by visiting Essentials for further [financial advice](#).

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Fun

- RUSU are holding virtual events to keep you entertained. Visit their [Facebook events page](#) or [Eventbrite](#) to see what's on.
- Music at Reading is using Google Classroom to post regular musical things to do at home and live streams. To join:
 1. Follow [link](#) or search 'Google Classroom'
 2. Click the + sign in the top right corner
 3. Select 'Join Class'
 4. Type in the code: sh3fpl4
- Why not try something new like song writing, gender equality or Mandarin – all free mini-courses on [FutureLearn](#).
- Watch [National Theatre live screenings](#) from the comfort of your home, see what's on offer and [find out more](#).
- Take [virtual tours](#) of landmarks from all over the world - take a tour of [Rio de Janeiro](#), explore [the Taj Mahal](#), or try your luck at seeing the [Northern Lights](#).
- The BBC's Big Painting Challenge artist Pascal Anson is streaming tutorials on his own [YouTube channel](#), or you can join the [Isolation Art Club](#), by [Chloe Sheppherd](#).



Relax



- Get involved with the [Relax with RUSU](#) campaign and follow a calendar of suggestions on relaxing at home.
- [Headspace](#) are offering a range of [free meditation sessions](#), including a [free selection](#) of meditation, sleep, and other exercises designed to support you during the COVID-19 outbreak.
- Keeping fit and healthy - Student Ambassador Millie shared how she is [keeping fit without the gym](#). If you are missing the SportsPark on campus you can access free resources online via the [SportsPark App](#), [Facebook](#) and [Instagram](#).
- Pattern designer Jacqueline Colley has [created beautiful colouring in sheets](#) for you to download and print.
- Netflix can be a great way to both entertain and relax, [read our Student Life blog](#) to find out what to watch on Netflix right now.
- Read a book! [Google Play](#) often has books and audiobooks for 99p, so check out what's on offer.