

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 and video counselling, wellbeing and mental health support, free of charge to all UoR students.
- The [Student Welfare Team](#) is still here to support you with any personal struggles, worries and concerns that you may be experiencing at this time.
- Join RUSU's community [Facebook group](#).
- 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.
- The [RUSU Welfare Directory](#) provides contact details for a variety of organisations and support within, and external to, the University of Reading.



Study

- [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.
- Are you working on your dissertation? The Study Advice team and the Library have put together some tips for you. [Find out more here](#).
- The [Library News blog](#) has lots of helpful posts on studying.

Money

- [Blackbullion](#) offers several educational courses to help you better handle your finances while at university.
- The [Student Financial Support team](#) are here to provide advice and guidance around funding and finance - to contact the team students should send an email to studentfunding@reading.ac.uk.
- Find out more about the [Student support fund](#) that has helped students affected by COVID-19, paying out over £67,000.
- Contact [RUSU's Advice Service](#) for further support and independent advice.
- Stay up to date by visiting Essentials for further [financial advice](#).

Wellbeing Toolkit

Fun

- RUSU are holding virtual events to keep you entertained. Visit their [Facebook](#) events page or [Eventbrite](#) to see what's on.
- The Student Services [events calendar](#) is being updated everyweek, so you can find the virtual events from the University all in one place.
- 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](#).
- Get creative and join the [Isolation Art Club](#), by [Chloe Sheppherd](#).
- Get on [TikTok](#) and get creative!



Relax



- [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.
- The SportsPark has produced a short guide on [how to stay healthy at home](#) with tips to help your health and wellbeing. They are also helping us keep active with access to free video workouts, programmes and lifestyle advice through the [SportsPark app](#) and [social media channels](#).
- 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.
- [Here, now, together](#) - guided mindfulness exercises, accompanying discussions and Q and A's from Rou Reynolds. Topics include meditation, mental health and psychology.