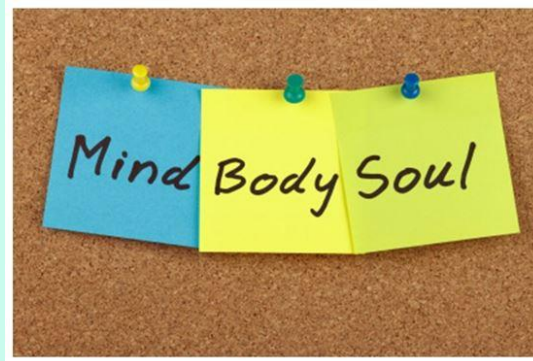


MENTAL HEALTH TOOL KIT



- The **UCC Student Health and Wellbeing Office** has approved this really good (and free) [mindfulness programme](#) that I would highly recommend. It is modelled on the renowned mindfulness expert, Jon Kabat-Zinn. Daily mindfulness helps ease stress and anxiety and also supports emotional and mental resilience. Here is one of the many research-based articles that can attest to that. This one is from [TIME](#) magazine.
- Build a **Mental Health First Aid Kit**:
 - Learn how to [BREATHE](#).
 - Get enough [SLEEP](#).
 - [EAT](#) right.
 - Beware of the effects of [STRESS](#) on the body;
 - Get enough [EXERCISE](#).
- Niamh Connery is the **UCC Student's Union Welfare Officer** and is available to all students for support and guidance.
- I know time is precious and when you are studying its very precious, but consider [Volunteering](#). Not only is volunteering good for you, it will also help you to build [friendships](#). Staying socially connected is essential for positive mental health
- [Explore](#) the city. Get out and discover the culture of the city, what events are going on, and soak up the study abroad experience.

“Travel is fatal to prejudice, bigotry, and narrow-mindedness, and many of our people need it sorely on these accounts. Broad, wholesome, charitable views of men and things cannot be acquired by vegetating in one little corner of the earth all one's lifetime.” – Mark Twain, 1867



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