

# #COLLEGE\_WELLBEING

ADDITIONAL LEARNING SUPPORT'S WELLBEING NEWSLETTER!



## TAKE A PEEK!

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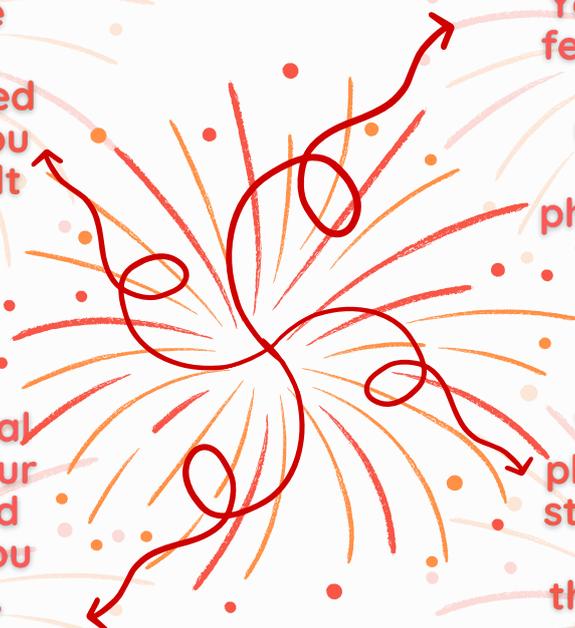
## WELCOME BACK!

We hope you have had a great half term and took the time to relax and unwind after your first term at college! We hope you're now feeling more settled into college and your new routines. Things might be a little different at the moment, and with celebrations like Halloween and Bonfire Night might not have gone to plan, it's important now more than ever to look after your Wellbeing. Recent editions of **#CollegeWellbeing** have focused on looking after your wellbeing through exercises such as a 'digital detox'. Such exercises are designed to help you build resilience by having a toolkit of strategies that keep our lives in balance. This might then help us feel more able to cope when a challenge comes our way. We can use a coping strategy to help us manage our feelings and we can choose a safe way to relieve our stress or other emotions! However before we can use strategies, it's often helpful to identify our triggers first!

# HOW DO I IDENTIFY A TRIGGER?



In the spirit of Bonfire Night, **#CollegeWellbeing** is going to encourage you to identify what “sets you off” because in some respects we can be compared to a firework; one spark can set us off and, in the end, we display our emotions in one big burst! Identifying triggers can be difficult to do and you might not always be aware of what affects you emotionally; however it is important that you try to identify your triggers so that you can learn how to better cope with them, and also when and how to use your coping strategies.



Examine your life for possible stressors; this could be relating to your health, major life events or things that have happened in the past that you haven't quite dealt with.

Listen to your body; notice your feelings and identify them as soon as you can. You may not notice feelings or thoughts right away, but your body alerts you through physical symptoms.

Recognize emotional symptoms when your thoughts and mood begin to change. You may feel irritable, restless, or have difficulty concentrating or feel like your mind is blank.

When you notice physical symptoms, stop and remember what you were thinking, feeling, or doing right before e.g. were you feeling frustrated or worried about something?



# HOW TO COPE WITH MY TRIGGERS

As mentioned previously, we can be compared to a firework; to prevent our ‘fireworks’ exploding we need to relieve these pressures somehow, but in a healthy manner. There are quite a few different techniques and strategies you can try; unfortunately there isn’t a “one size fits all” strategy, and just like triggers, it can take time to find strategies that work for us. However with time, patience, and a bit of practise, it’s very doable.

## **TO EXPRESS INTENSE EMOTIONS**

Paint, draw, or scribble with ink or paint.  
Start a journal to express your feelings.  
Compose a poem or song on how you feel.  
Write down any negative feelings and then rip the paper up.  
Listen to music that expresses your emotion.

## **TO CALM OR SOOTHE SELF**

Take a relaxing scented bath or hot shower.  
Pet or cuddle with a family pet - dogs and cats are especially good at comfort.  
Wrap yourself in a warm, soft blanket.  
Massage your neck, hands, and feet.  
Listen to calming music.

## **TO FEEL LESS NUMB**

Call a friend or relative.  
Take a cold shower.  
Hold an ice cube in the crook of your arm or leg.  
Chew something with a very strong taste, like chili peppers or peppermint.  
Go online to a self-help website, or message board.

## **TO RELEASE ANGER OR TENSION**

Exercise vigorously—run, dance, jump rope, or hit a punching bag.  
Punch a cushion or mattress or scream into your pillow.  
Squeeze a stress ball.  
Rip something up (e.g. sheets of paper)  
Make some noise (play an instrument etc.)

