5 steps to mental wellbeing

Evidence suggests there are 5 steps we can all take to improve our mental wellbeing.

If you give them a try, you may feel happier, more positive and able to get the most from life.

Give to others

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time.

Join a community group. Look out as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and these connections will support and enrich you every day.

Volunteering

• Volunteer at Graduation or at Open Days.

Take notice / be mindful

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

Our green campus

The Whiteknights Campus has won a Green Flag Award, the international hallmark for high quality parks and green spaces.

Chaplaincy

The University has a multi-faith Chaplaincy that provides space for people to practice their religion and spirituality.

Keep learning

Try something new. Rediscover an old interest. Sign up for that course. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

Take time out

Take a walk around our wonderful campus – visit the Harris Garden, walk around our lake. The SportsPark offer yoga classes each day.

WELLBEING

Did you know?

Our campuses are filled with great places to eat, and you can find a wide variety of food, including some great healthy options. Wherever you are on campus, there is sure to be somewhere nearby to grab a coffee and something to eat.

Cafes

• Agriculture
• Before and After
• Café No 1
• Dolci Vita
• Enterprise Café
• Henley Business School Café
• Library café
• SportsPark Café
• Café Mondial

See hospitality@reading.ac.uk/eat-and-drink/cafes.

Did you know?

Staff can enjoy the following benefits:

• Car leasing scheme
• Discounted bus passes
• Cycle2Work scheme
• Season ticket loans
• Health Cash Plan
• Career development opportunities

Find out more at reading.ac.uk/internal/humanresources/

Take notice / be mindful

Swap your inactive pursuits with active ones. Go for a walk. Step outside. Play a game. Dance. Walk or cycle when making short journeys. Being active makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

Be active

Visit one of the University’s Museums:

• Ure Museum
• Cole Museum
• Museum of English Rural Life (NB: not on WR campus)

Public lectures

Attend one of Public Lecture Series that showcases research highlights from across the University.

Did you know?

University staff can borrow up to 25 books at a time from the main library. All you need is your staff card.
Wellbeing map
Whiteknights campus

Your route to a healthy work-life balance

Key
- Walking paths
- Unit paths
- Bus stop

Connect
- Reading Film Theatre
- Staff Common Room
- Cafes and restaurants

Take notice / be mindful
- Harris Garden (Green arrow indicates entrance to Garden)
- Chaplaincy
- Muslim Centre

Keep learning
- Ure Museum
- Cole Museum (moving to the Health and Life Sciences building in 2020)
- University Library

Be active
- Sportspark
- Tennis Park
- Whiteknights Lake

Walking Routes
Walk 1 1km
Approx. 1088 steps 10 minutes 5.8 kph

Walk 2 3km*
Approx. 3350 steps 32 minutes 5.8 kph
* Please note there may be muddy areas on this route in wet weather. This route also includes some unit paths.

Walk 3 4.5km*
Approx. 4700 steps 45 minutes 5.8 kph
* Please note this route is on the perimeter roads and pavements. Pavement is only available on the far side of Whiteknights Road between the lake and Upper Redlands Road (marked on route).