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.

Be active
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.

Join:
- The SportsPark – staff membership has been reduced to student prices. Play with your friends and colleagues, go to the gym or try one of over 100 group exercise classes.
- The Bowls Club
- The Golf Society
- The University Cricket Club

Get active on campus
- Have a walking meeting
- Take a walk around our wonderful campus – visit the Harris Garden, walk around our lake
- Walk / cycle to work
- Use the stairs not the lift

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 and help you feel good, most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

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.

Connect
...with the people around you. With family, friends, colleagues and neighbours. At home, work or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

Join one of our many Societies / Clubs / Associations:
- Voices at Reading
- Rural Read Book Club
- Music at Reading
- Friends of the Harris Garden
- Staff Common Room
- Friends of the University
- Women’s Club

Join one of our many networks:
- LGBT Staff network
- Disability Staff network
- Harassment Adviser network
- Wellbeing Peer Support

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
- Daliche Vita
- Enterprise Café
- Henley Business School Cafe
- Library cafe
- SportsPark Café
- Café Mondial

See hospitalityuor.co.uk/eat-and-drink/cafes. hospitalityuor.co.uk/eat-and-drink/food-outlets-restaurants-and-nusu.co.uk for further details.

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.

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/workingatreading

Volunteering
- Volunteer at Graduation or at Open Days.
- Volunteer in the local community by contacting Reading Voluntary Action rva.org.uk
- Check out some of our walking routes on the map overleaf.

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Wellbeing map
Whiteknights campus

Your route to a healthy work-life balance

Walking Routes

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

2. 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 unlit paths.

3. 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).

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