

Wellbeing Tip of the Week

Pause for Reflection



As we approach the end of another academic year, we might like to spend some time **reflecting** on the past year, whilst also thinking about what the coming year may bring us. Practicing reflection is one of the best ways to shift our mindset, increase positivity, and discover a greater understanding of ourselves. The past year and a half has been difficult for many of us; having to deal with lockdowns, uncertainty, stress and loss. However, it was also a time where we could re-assess our lives and consider any changes we want to make to improve our overall wellbeing.

Here are some examples of what you might like to reflect on:

- Challenges I faced over the last year and how I overcame them
- New skills/games/activities I learnt and how they helped me
- Different ways I learnt to connect with friends/family
- Positive things I discovered about myself and how I like to cope
- Any goals/aspirations I want to set myself for the year ahead