



Welcome to Pause – Your personal reminder to take care of yourself

We know how difficult things are in this pandemic. Experiencing increased levels of anxiety or feeling like you're struggling is completely natural and understandable.

During this scary time, more so than ever before, we're looking for ways to give you a little lift and make it as easy as pie for you to stay up-to-date and know exactly what is available to you to support and improve your own personal wellbeing.

So we put our heads together and came up with this newsletter. It's our way of giving you a little virtual nod of the head and reminding you that we understand things are hard. We are listening. We are here for you.



Stick the kettle on, make a brew and grab a comfy seat

Clear some brain fog by reading a quick blog! Blogs can be useful reads for gaining information and advice around a variety of topics. With the pandemic being a pretty hot topic right now, we thought we would share some of our recent blog posts that may help you to deal with challenges you may have faced or indeed still be facing.

- [10 Simple Self Care Ideas to Boost your Wellbeing During COVID-19](#)
- [How To Manage Stress During COVID-19](#)
- [It's not all Zoom and Gloom: How to Cope with Video Call Fatigue and Anxiety](#)
- [Advice for students starting a course at college or university during COVID-19](#)
- [Nurturing our relationships during the pandemic](#)
- [Standing together during difficult times](#)



You are important – there is only ever going to be one of you!

Your safety is top priority for us. It is likely you already know about Safeguarding at college. However, we all sleep a little better at night knowing our students are safe and

well. So please do take the time to get clued up on safeguarding. We don't expect you to know the policy by heart, but we really want you to be confident in knowing what to do if you or one of your pals are in crisis, or at risk of heading that way.

- [Safeguarding Policy](#)
- [Safeguarding officer](#)
- [Staying safe online](#)
- [Staying safe in college](#)
- [E Safety training on the Virtual Learning Environment \(VLE\)](#)
- [Prevent](#)



Giving you the tools to build yourself and make minor repairs here and there

We want to keep as equipped as possible to face those curveballs that life throws at us. We have a fully-stocked toolkit, ready to dive right into, available for you to use at your convenience. Make the most of our tools - future you may thank you for it. These tools are here for you, they are free to use at your convenience - we urge that you keep these in mind. Make the most of them, your future self may thank you for it.

- [Togetherall](#) - All staff and students can now access free online mental health and wellbeing support through [Togetherall](#) (previously called Big White Wall). This service can be used at any time of the day or night, all year round.
- [Counselling services](#) - All CAW students are able to access confidential counselling services supplied by Jill Dighton MBACP in Huntingdon and Mark Walsh BACP in Leeds.
- [Living Well area](#) on the VLE

Announcements

- **Buddy Scheme** – The College of Animal Welfare is introducing a Buddy Scheme for all its students. We want you to make the most of your time with us. Not only do we want you to progress academically, but we also want you to develop as a person and enjoy your time with us. You can [find out more about the Buddy Scheme here](#).
- **Fika** –Fika are on a mission to mainstream mental fitness by improving core skills, reducing the risk of mental health decline and helping each and every one of us to flourish. We are now offering free access to the Fika app to all our students and staff to enable all of us to keep our mental fitness in tip top condition! Students will be able to access the Fika app from their phones or devices using their CAW email address. [More information can be found here](#).



Speedy, easy habits you can weave into your routine to give yourself a little boost

In each addition, we will be putting together a few little healthy habits that are easy and speedy to adopt, adapt and apply to your day.

- **Look forwards to something** – Making time to enjoy some simple pleasures can

make a difference to how you feel. Giving yourself something to look forwards to can lift your mood and bring some positivity to your day. So why not schedule in some time to enjoy something that you know will lift your spirits? Here are a few ideas for inspiration...Listen to a podcast, make time with someone who matters to you, enjoy a book, binge watch a TV show, try an online class, relax with a trashy magazine, take a long drive – it doesn't have to be something fancy, just something special to you!

- **Let nature nurture you** – We all know the benefits of taking time out to get some fresh air. With this in mind, why not talk a walk? climb a hill? find a decent view? watch the sunset? watch the sun rise? It can be anything really, wrap up warm, grab a flask of something warm to drink and get out there for a little exploring!
- **The wonders of writing** – Journaling can be beneficial for some. Writing things down can not only help us to organise our thoughts, but it can also allow us to get things off our chests and relief stress, it can assist with setting and achieving goals, it can be a way to record your thoughts on the go, allow you to capture moments and feelings that you can reflect back on.



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