



Has the novelty of working remotely, away from your colleagues worn thin? It definitely has for us. As the Wellbeing Advocates for Maths we will be putting together monthly emails, aimed at bringing you a little more information about all aspects of wellbeing. This will include links to support available within the University and beyond.



If you are feeling isolated, fed up, burnt out, unproductive then get in touch – don't suffer in silence. We can:

- Listen and help signpost you to professional help if required
- Take suggestions to the Heads of Department
- Put you in touch with others

All members of the CMS community are encouraged to take some time to look after themselves. We welcome and value your feedback, and also encourage you to get in touch if you would like to find out more – please email: wellbeing@maths.cam.ac.uk

Kim (HR Administrator) and Julia (DPMMS Administrator)

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This month we are focusing on University Mental Health Day and Togetherall.



### University Mental Health Day

University Mental Health Day brings together the university community to make mental health a university-wide priority and create ongoing year round change to the future of student mental health.

We understand that this year we can't be together physically, this won't stop us coming together to create change virtually. Now more than ever it's important to get the nation talking about student mental health.

Join us on **Thursday 4th March 2021** as we inspire conversations, take action and create change. <https://www.unimentalhealthday.co.uk/>



## 5 Ways to Wellbeing

And have you ever visited **togetherall** via the wellbeing pages?



Togetherall is a service offered to complement the services provided by the Staff Counselling service and provides access to online mental health wellbeing resources that may be helpful.

All you need to do is create an account (everyone is anonymous) and you can access free online support.



- A vibrant online community where members can support each other
- Access 24 hours a day, 365 days a year
- Self-assessments & recommended resources
- Creative tools to help express how you're feeling
- Wide range of self-guided courses to do at your own pace

Just visit the University's wellbeing pages and you will find the link to togetherall  
<https://www.wellbeing.admin.cam.ac.uk/wellbeing-initiatives>

Student wellbeing pages provide a wealth of information about support from sleeping well to getting help if you are struggling. <https://www.studentwellbeing.admin.cam.ac.uk/your-wellbeing>



Also on the University's pages are links to recorded events that have taken place in the recent past covering:

### How to Become Resilient and Take Back Control of Your Life

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Wellbeing Workshops held back in October which covered:

The Concept of Wellbeing, Self-Compassion, Mindfulness and Emotion

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Stress and Anxiety Workshops held in November which covered:

#### Introduction to Stress and Anxiety, The Worried Mind, What Triggers Anxiety? and Managing Workplace Stress

Find the links to these workshops here: <https://www.wellbeing.admin.cam.ac.uk/recorded-events>