After the University of Kent's decision to undertake a 'blended' online and in person approach to teaching during Autumn Term, here are some tips on how to make the most of the start of your Autumn term, mindfully.

**SOCIETIES AND SOCIAL LIFE**
- Still try to join societies even if they’re online- this will help with feelings of isolation.
- Be kind to yourself- a type of meditation known as ‘loving-kindness’ can help you be more kind to yourself and others!
- Do what makes you happy- if you don’t like drinking but want to socialise, try a ‘mocktail’ or go to a coffee shop instead!
- Notice if you are feeling pressured into things with new people and only be yourself.

**To help maintain concentration:**

5 senses drill
1. Take one or two deep breaths to help bring you into the present moment.
2. Silently name three things that you see in your immediate vicinity.
3. Silently note and name three things that you can hear right now.
4. Bringing your attention to your body, silently name three sensations that you can feel in this moment (maybe warmth, tingling, contraction, coolness…)
5. Bringing your attention to smell and taste, what do you notice in your immediate awareness when you bring your attention to these senses- lightly name what you experience.
6. Take one or two breaths to finish this mindfulness exercise.

**HOME**
- If you can, have a designated work area separate from where you relax.
- In your breaks, take yourself out into nature and notice what is around you.
- Eat your meals without distractions, notice the smells and taste of your food.
- Join a society online!

**AWAY**
- Meeting and living with new people can be daunting, notice sensations of anxiety in your body that may arise when doing things like going into the shared kitchen, bring your attention to your breath to stop this anxiety turning into avoidance.

**RESOURCES**
Read more about all things mindfulness and university:
Wellbeing services: https://www.kent.ac.uk/studentsupport/wellbeing/
Lorraine Millard’s Website: http://mindfulnesscanterbury.com/
NHS: https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/
Our Blog: https://ukcmindfulness.wordpress.com

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