**Fuel Your Body**

Skip fatty foods and sugary snacks in favour of fruit and veg. They’ll give the sustained energy you need. Keep hydrated with plenty of water too.

**Move Around**

It’s proven that exercise reduces tiredness and stress and increases productivity. Taking a break to move around is great for your brain and your body.

**Use the Clock**

Get started early, don’t make revision your whole day. Evidence shows shorter spells keep your concentration high. Plan regular breaks and don’t spend your whole day at a desk.

**Find the Right Sound**

Music can help some people but hinder others. Try music without words or even white noise or soundscapes. Avoid music that will distract you or make you want to sing along.

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**Togetherness + 24/7 Support**

24/7 emotional wellbeing support available to all Queen Mary students

**Queen Mary Over the Christmas Break**

To recognise that Queen Mary is asking students to revise over the Christmas vacation period, the University has reviewed what support is available to students after the end of teaching on Friday 15th December through to the beginning of the January exam period on Tuesday 2nd January 2024.

**Christmas Support Services**

Please find a list of support services available over Christmas on this webpage: studentlife.qmul.ac.uk/student-experience/christmas-holiday-support-for-students/

**Mile End Library**

Mile End Library will have the following opening hours over the Christmas vacation period:

- Thursday 21 December - 24/7 opening closes at midnight
- Friday 22 - Sunday 24 December - 10:00-22:00
- Wednesday 27 - Monday 1 January - 10:00-22:00
- From Tuesday 2 January - 24/7 from 08:00

**Help in a Crisis**

For advice and guidance about how to access help and support in times of crisis, please visit this page, which is hosted by our Advice and Counselling Services: welfare.qmul.ac.uk/advice-counselling/help-in-a-crisis

If your life is in danger or if you have a medical emergency (including mental health) call 999.

**Advice and Counselling Service Out of Hours Support**

The Advice and Counselling Service will close on Thursday 22nd December and reopen on Tuesday 2nd January.

This webpage hosts an array of alternative sources of out of hours support: welfare.qmul.ac.uk/advice-counselling/out-of-hours-support

**Student Health Service**

The Student Health Service will be closed from Friday 15th December and reopen on Tuesday 2nd January 2024. The main Surgery will be open throughout the Christmas holiday period, bar Public Holidays. For more info: studenthealth.qmul.ac.uk

**Notes**

- Togetherness + 24/7 Support
- 24/7 emotional wellbeing support available to all Queen Mary students
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**Reward Yourself**

Find the right balance between study and leisure. Take a cinema trip with friends after a productive day of revision. Work hard but play a bit too.

**Get Your Rest**

A car doesn’t run on no petrol and you don’t run on no sleep. Give your body what it needs and get a good night’s rest, especially the night before exams.

**Make a Plan**

They make some people perform worse than they usually would and if you didn’t get them from a doctor the side effects aren’t looked at. Long term effects are relatively unknown. Avoid them.
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**Pomodoro Study and Mindfulness**

- **18th December**: Pomodoro Study Session and Mindfulness with Vuong Nhat Thanh Ngo - 12pm-2pm, GC222 in Graduate Centre
- **19th January**: Pick, Paint and Plant - 19th Jan

**Residences’ Study and Mindfulness**

- **8th January**: Knead a Break? Make-your-own-Pizza Kit - 8th Jan-19th Jan
- **11th December**: Residents’ Treat Trail - 8th Jan-19th Jan

**Advisory and Counselling Service**

- **26th December**: Online Workshop to Recognise and Learn to Alleviate Signs of Burnout: 12th Dec

**School of Economics and Finance**

- **8th January**: Exam Breakfast Club - 5th Jan-18th Jan (on exam dates only), 9am-til gone, Brewhouse in Library Square

**Wellbeing Walk**

- **22nd January**: Wellbeing Walk - 20th Dec, 10th Jan and 17th Jan, 12.30pm-1.30pm, Library Square (Meeting Point)

**Winter Warmers**

- **25th January**: The Big Hot Drinks Giveaway - 25th Jan, 11am-til gone, Brewhouse in Library Square

**Residences’ Treat Trail**

- **13th January**: Residents’ Only Brunch at The Curve - 13th Jan, 11am-2pm, The Curve

**Pop-Up & Painting**

- **19th January**: Pick, Paint and Plant - 19th Jan
- **19th January**: Pick, Paint & Plant - 8th Jan-19th Jan

**Exam Planner**

Please visit the Students’ Union Study Well page for more information and booking links.

Visit the Students’ Union Study Well page for more resources and activities.

Welcome to Study Well, a campaign that is designed to help you look after your mental health and wellbeing during this stressful exam season. If this isn’t your first year at Queen Mary, you’ll notice that we’re back at it again with doggy drop-ins and other fun activities to take a break from your studies. Visit qmsu.org/studywell for further event details.

All of the events below are FREE, please visit studentshealth.qmul.ac.uk/study-well for more events, information and booking links.

**Student Life**

- **Study Well Winter Warmers - 11th and 16th Jan, 5pm - till gone, Library Square**
  - Take a break from revision and come get some free, warm food to help fuel your revision sessions.
  - The Big Hot Drinks Giveaway - 25th Jan, 11am-til gone, Brewhouse in Library Square
  - Kick off Semester 2 with a free hot drink and a cookie to warm yourself up.

- **Wellbeing Walk - 12th Dec, 10th Dec and 17th Jan, 12.30pm-1.30pm, Library Square (Meeting Point)**
  - Take a break from your desk and stretch your legs on our wonderful walks along the canal to Victoria Park! The perfect opportunity to step outside and calm your mind during a busy day of revision.

- **Pop-Up (January)**: 19th Jan, 17th Jan, 1.30pm-3pm, Library Square
  - Come and play some fun pop-up activities in Library Square every Wednesday afternoon to take a break from your desk. Physical activity is proven to boost your mood and your concentration so why not come and play some badminton, table tennis or cornhole with friends.

- **Wellbeing Breakfast Club**
  - Visit the Students’ Union Study Well page for more resources and activities.

- **Wellbeing Walk**
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- **Winter Warmers**
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- **Online Workshop to Recognise and Learn to Alleviate Signs of Burnout: 12th Dec**
  - Feeling burnt out and lacking motivation? Wishing you knew tools to help cope with stress? Then this workshop is for you! The focus of the session will be on how to recognise and learn the signs of burnout to prevent you feeling this way.

- **Pick, Paint and Plant - 19th Jan**
  - Come along to Pick, Paint & Plant where you’ll be able to add a touch of nature to your room! It’s simple. Step 1 - Pick your cactus or succulent. Step 2 - Paint your pot Step 3 - Plant and Voilà! Please note its one plant per person.
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