



The Counselling
Service
Guide to

LEARNING FROM HOME



SET UP YOUR SPACE

Find an area in your house where you can sit comfortably and focus. Make it separate to your relaxation space. Ideally away from a TV screen or other distractions.



SET A SCHEDULE...

Try to follow your usual schedule and routine. If you have a list of things to study, break it down into tasks and plan to do the hardest ones when you have the most energy. [Use Planners to get organised and on track](#) or watch this [Productivity Hacks webinar](#).



...BUT BE FLEXIBLE

Changes do happen. Even if you have a plan, studying online is a new scenario. Don't be too hard on yourself. Allow time to adjust. If things are becoming difficult to focus on, take a 5-min break and come back to it.



MINIMISE DISTRACTIONS

Harness your imagination and picture that you're at university and not at home. Lock your phone away if you need to - don't be afraid to ask someone to keep it safe for you while you study. [Try a concentration visualisation exercise](#)



SPEAK UP

When things get tough, don't just push through. No one is supposed to deal with this all on their own - sharing builds resilience and promotes change. It can be easier to keep going when someone is supporting you. [Apply for Special Consideration or an extension](#). Make a time to [speak with a counsellor](#)



USE ONLINE RESOURCES

- Check out [Study, Money & Life Skills](#)
- [Study Smart](#) or [The Desk](#)
- [Black Dog Institute COVID-19 Resources](#)
- [This Way Up - COVID-19 Online Support](#)
- [Beyond Blue - Coronavirus Mental Wellbeing Support Service](#)

SELF CARE TIPS AND TOOLS



SELF CARE

Self-care is the practices and activities we do to maintain our health and wellbeing. The pressure of a global pandemic creates a highly stressful situation and self care is often the first thing that we stop doing when we feel stressed. Prioritising your own wellbeing will help you get through this challenging time.



IDENTIFY STRENGTHS

What personal strengths have helped during difficult times in the past?
Are there new strengths you want to develop and practice?
Look for small wins each day - give yourself praise and encouragement.



MOVE

Research shows us that physical activity is essential for wellbeing, productivity, sleep and concentration (plus many more benefits). Make time every day for some form of physical activity - whether that's a walk outside, an online yoga or fitness class or playing your favourite song and dancing around the room!



TRY SOMETHING NEW

Learning new skills can help you maintain confidence and motivation. Try a new creative skill like cooking, painting, gardening or learning to play a musical instrument. Perhaps you've always wanted to learn another language. Use the time to find a new 'feel good' podcast. Check out [5 Ways to Wellbeing](#) for some fun ideas to try.



YOUR PLAN

Make time each day for one activity that is fun, relaxing or enjoyable AND one activity that gives you a sense of meaning, achievement or satisfaction.

MON

TUE

WED

THU

FRI

SAT

SUN