

I Am Doing Well

It's good that life is going well! This can feel wonderful and like everything is in its place – study, relationships, work, exercise, food, and fun. It might help to know how to maintain that feeling of being and staying well. Good news: there are loads of things you can do! Check out the links below to get some inspiration.

- Information on your five-a-day for wellbeing: Jigsaw tells us that there are five things we can do every day to maintain wellbeing: connect with others; be active; take notice; keep learning; and give.
- UCD Societies: There are so many interesting and diverse clubs and socs at UCD! Literally something for everyone! Being involved in student life is a great way to make friends, develop your skills and help make the UCD community the welcoming, inclusive and supportive place it is. You can join any of the student societies throughout the year by attending their events and getting in touch.
- UCD Clubs: Getting involved in a sports club is an ideal way to keep fit, learn a new skill, meet people with similar interests, as well as provide a welcome break from academic life. You can join most sports clubs at any time throughout the year.
- UCD Cinema: Taking time out and doing something relaxing by yourself or with friends is really important. UCD Cinema is a fantastic addition to the campus, and the prices are unbeatable!
- UCD Sports Centre: The gym and swimming pool is open to all students, and as a student you have free access to the gym, performance gym, student fitness classes and changing rooms. Membership of the pool has a small cost associated.
- HSE's guide to good sleep hygiene: Helpful information on getting a good night's sleep and the benefits of this.