

# I'm A Bit Worried

When something small goes wrong it can really turn a good day inside out. Especially when you are already feeling burnt out from studying or exams.

Sleeping through your alarm and missing the bus; losing your phone; having an argument with a loved one; the book you need from the library being out on loan. These things can get under your skin and just build up.

There are lots of people in UCD who might be able to help you out though, to take some of the pressure off and figure the problems out. Have a look at the links on the next few pages for information that might help.

- UCD Student Advisers: They provide support to help you find ways to deal with personal, social, financial and emotional issues while you're in UCD. If you are feeling worried, stressed or you are not sure where to turn or what you need to do – reach out to your Student Adviser. If they can't help you directly, they will be able to sign-post you to someone who can.
- UCD Current Students Information & Resources Webpage is a great place to find information about registration, exams, the Student Desk, fees, key dates and an abundance of other resources.
- Contact details for School/College Offices: Contact details for your School/College Administrator or Programme Director/Programme Manager.
- UCD IT Services: Provides IT Support for students via the IT Support Hub, Helpdesk and an on-campus, drop-in IT Centre.
- UCD Global: UCD Global offers support to all of our international students. The team is on hand to support students before they arrive in UCD and to help you settle into life in UCD, Dublin and Ireland.
- UCD Chaplaincy: UCD's Chaplaincy Team is available to support people from all denominations, religions, faiths and none. Our chaplains offer student support, pastoral care, spiritual direction and the opportunity to be part of a community of understanding, respect and dialogue.

Sometimes(not all of the time), all you need is a bit of a break to clear your head and think of something other than exams/study/assignments. I know sometimes it might feel like you haven't got the time to take a break, that you need to just keep going. Believe it or not, that short break can be really beneficial and give you that kick start you need when you do go back to the books.

There are a few things on campus that you can do that gives you that break you might need and provides a chance to catch up with friends or connect with other people who have similar interests. *This list isn't exhaustive.*

- Head to the [UCD Cinema in the Student Centre](#) to see one of the latest releases
- Pop by Poolside Cafe for a coffee or snack
- Arrange to meet your friends for a breakfast in Pi Restaurant in the Science Building. The hash browns alone will set you up for a good day
- Head to The Village (open 24/7) - Grab some food or a coffee, rent out a board game or try your hand at the giant connect four or giant jenga
- Your Students' Union - we have a new little up-and-coming Book Swap and Mindfulness Colouring. You can also come in for the chats with the ladies on the Helpdesk
- Your Student Union shops in Student Centre & under the Library - grab a bit of lunch or a snack and don't forget to say hi to the staff!
- Join a [Society](#).
- Try one of the 5 different Woodland Walks around Campus (I don't know about you but I thought there was only 1). You can find a Map & Guide to all the walks [HERE](#). There are also some interesting facts in the guide about the walks, the trees, the plants and flowers and any animals you might see on your adventure.