Did you know that anything you borrow from the Library remains confidential? No one can request to see what resources are on your account. All Library staff have had confidentiality training so you can rely on their discretion when you borrow any resource.

Wellbeing and Life Skills Collection

The Library Wellbeing & Life Skills Collection is a collection of trusted books and resources which provide support and advice on a range of psychological and emotional issues that commonly affect students. All books in the collection have been recommended by the College Counsellor or the University Counselling Service. Topics include:

- Depression and anxiety
- Eating disorders
- Perfectionism
- Insomnia
- Worry
- Panic

The following diverse topics are also covered in the Wellbeing & Life Skills Collection

- Recipe books
- Anti-Racism
- Bicycle repairs
- Team work
- Study skills
- LGBQ+ identity

Top 10 tips for beating exam stress

**Good food**: Eat plenty of energy boosting foods e.g. complex carbs such as pasta, rice and potatoes and raw fruit and vegetables for vitamin and mineral content.

**Exercise**: Stimulates the cerebellum, which is responsible for learning and known to be a stress buster. Exercise also helps the body use the extra adrenaline produced during stress and panic.

**Deep breathing**: An effective way to stay calm. Take a deep breath in, put lips together to make a small 0 and let out a soft low steady breath, now take in a deep breath filling lungs with clean air. Repeat 2-3 times.

**Sunlight**: Sunlight provides us with Vitamin D. Just 10 minutes a day will help you to feel cheerful and relaxed as it stimulates the pineal gland.

**Stay Positive**: Under stress it’s easy to feel negative. It may help to make a list of your top 5 qualities or top 5 things you are proud of.

**Visualisation**: Try to use you mind to visualise that you are sitting at your exam desk, relaxed and completing the exam easily.

**Affirmations**: Create a mantra and repeat it several times whilst breathing in and out slowly such as “I am relaxed, I am in control, I am confident, I can do it”.

**Sleep**: Go to bed at a sensible time. Do not work right up until you go to bed, unwind and practice some deep breathing exercises. Avoid stimulants such as tea, coffee and drinks containing caffeine. Too much caffeine will keep you awake at night and increase your heart rate.

**Relax**: Try to find some time each day to relax, listen to calm, relaxing music or a relaxation CD and carry out some relaxation exercises.

**Don’t panic**: Remember all the advice above and try to stay calm as panic reduces your performance in an exam.

Written by Sandy Chambers, Homerton Student Health Advisor
Useful contacts

Sandy Chambers
Homerton Student Health Advisor
Tel: 01223 747248
Appointments with Sandy can be booked online:
https://www.rushcliff.com/ob/homertonhealthcentre

Catherine Snelson
Homerton College Counsellor
Tuesdays, Wednesdays and Thursdays, CAV G11
Book an appointment by emailing: cs780@cam.ac.uk.
http://www.homerton.cam.ac.uk/LifeatHomerton/
welfareandsupport/collegecounsellor

- The University Counselling Service
  www.counselling.cam.ac.uk
- Nightline is a student run active listening service. You can call anytime between 7pm and 7am every night in full term by phone or skype (01223) 744444.
- Student Advice Centre offers free confidential and independent advice and representation to all Cambridge University students (01223) 746999.
- Mind nationwide organisation offering information and advice on all mental health conditions:
  www.mind.org.uk

Locating items in the collection

All books and resources can be located on iDiscover. You can search by key word or for a specific book title. Don’t forget to filter your search results by ‘Homerton Library’. Library staff can also provide information, and new titles are frequently added to the collection.

Examples of the search results can be seen below:

All books and resources in the Wellbeing and Life Skills collection can be found together on the Ground Floor in Homerton College Library.

All students and staff can borrow these resources whether they are selecting independently or referred to by a councillor to a particular book.
Some of the 150 titles available

- **The assertiveness workbook** / Randy J. Paterson 158.2 PAT
- **Tin Can Cook** / Jack Monroe 641.612 MON
- **Don’t panic** / Sue Breton 616.85223 BRE
- **Taking up Space** / Kwakye, Chelsea
  https://idiscover.lib.cam.ac.uk/permalink/f/t9gok8/44CAM_ALMA516295373820003606
- **How to stop worrying** / Frank Tallis 152.4 TAL
- **Vegan One Pound Meals** / Miguel Barclay 641.56362 BAR
- **An introduction to coping with Obsessive Compulsive Disorder** / Lee Brosan 616.85227 BRO
- **The racial healing handbook: practical activities to help you challenge privilege, confront systemic racism & engage in collective healing** / Anneliese A. Singh. 305.8 SIN
- **Mindfulness** / Mark Williams & Danny Penman 158.128 WIL
- **The Chimp Paradox: the mind management programme** / Dr Steve Peters
  https://idiscover.lib.cam.ac.uk/permalink/f/1ii55o6/44CAM_ALMA51573718800003606
- **No more sleepless nights workbook** / Hauri, Jarman 616.84982 HAN
- **It’s not about the burqa: Muslim women on faith, feminism, sexuality and race** / edited by Mariam Khan. 305.486 ITS
- **A mindfulness guide to the Frazzled** / Ruby Wax 158.128 WAX
- **Scientific writing for psychology: lessons in clarity and style** / Robert V. Kail. 808.066 KAI
- **Overcoming perfectionism** / Shafran, Egan & Wade 616.891425 SHA
- **Trans in the twenty first century: concerning gender diversity** / edited by Alice Purnell and Jed Bland. 306.768 TRA
- **Case in point: complete case interview preparation** / Marc P. Cosentino. 650.144 COS

Many are also available as e-books online via IDiscover

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Other resources available

In the Ground Floor reading area and next to the self-issue machine, you will find a range of free **counselling leaflets** written by staff from the University Counselling Service. These provide helpful guidance and suggestions for further support on a range of issues.

Throughout the year, the Library provides **colouring pages, chess and jigsaw puzzles** to help students relax and take a break from their work. The activities can be found in the Ground Floor reading area.

**Pinterest**

The Library has created a Pinterest board called **Time to Take a Break**, full of study tips, positive quotes and free colouring sheets. There is no need to have a Pinterest account to view the page online: https://uk.pinterest.com/homlib/time-to-take-a-break/

**The Reading Agency**

Many books from the Reading Agency’s **Mood-boosting fiction** list can also be found in the collection at Homerton. These include:
- *Wonder* by R.J. Palacio 813 PAL(WON)
- *The rest of us just live here* by Patrick Ness 823 NES(RES)
- *A Tale for the Time Being* by Ruth L. Ozeki E823 OZE(TAL)
  http://reading-well.org.uk/books/mood-boosting-books

**Anti-Racism**

An online reading list featuring a selection of e-books and online resources available to all current and incoming students on the subject of racism. This list is purely intended as a short introduction.