

Study Life Balance - BACES

When you have a lot of college work and assignments you can sometimes forget to do things that keep you well!

It is important that we incorporate small things every day that we enjoy
Use the BACE weekly Activity Diary for steps to positive mental health

- **B**ODY
- **A**CHIEVE
- **C**ONNECT
- **E**NJOY
- **S**TEP BACK

1. **BODY: Self Care**

Taking good care of our physical body means we will be better able to cope with emotional problems

- Take steps to ensure you get enough **sleep** – plan rest times too
- Eat healthily and regularly
- **Exercise** regularly, preferably in an outside/natural space
- Beware of how things like drink, drugs, smoking and caffeine affect you



2. **ACHIEVE**

Our brain gets a boost when we achieve things during the day.

It is helpful to plan realistic and **achievable goals** every day e.g. putting on a wash, doing a reading for college, tidying your room, going to the gym etc.

3. **CONNECT**

Very often when we're struggling with our mental health, we can withdraw and isolate ourselves and neglect our relationships.

However, connecting with and helping others boosts the neurotransmitter oxytocin which will boost our wellbeing. So plan to **connect with other people** every day, particularly with close friends and/or family e.g. smiling and saying hello to strangers in the street, volunteering, joining a support group.



4. **ENJOY**

When our mood dips and we feel tired, or we withdraw and isolate ourselves, the first things we stop doing are the **fun and enjoyable activities**. We tend to neglect activities that we enjoy and energise us.

Aim to do more enjoyable activities. Maybe something you used to enjoy doing (e.g. hobby or sport), or something you've thought you would like to do.

5. STEP BACK

When we feel emotional, we get caught up in that emotion - it is difficult to think clearly and see the bigger picture at those times - and we react by doing things that are unhelpful.



We can learn to react and think differently!


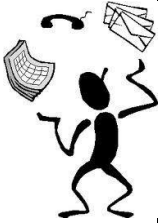
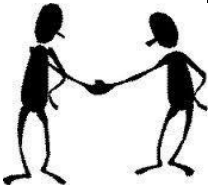
Practise the skills:

- **STOPP** www.get.gg/stopp.htm
- **Is this Fact or Opinion?** www.get.gg/factopinion.htm
- **Different Perspectives** www.get.gg/perspectives.htm
- **The Helicopter View** www.get.gg/perspectives.htm
- **Positive Coping Statements** www.get.gg/positive.htm
- **Mindfulness** www.get.gg/mindfulness.htm
- **Breathe** www.get.gg/breathe.htm
- **NOW** www.get.gg/now.htm
- **Flexible Thinking** www.get.gg/flex.htm

Take care of yourself and treat yourself as you would treat a friend. Be kind to yourself and use compassionate and understanding self-talk

Use the **Weekly Planner** sheet to plan your days

Set time aside every evening or early morning to set your daily goals, then you can tick them off at the end of the day.

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Body care Exercise Healthy eating Treat illness Rest & sleep 							
Achievement Work Chores Study 							
Connect with others Friends Family Community 							
Enjoyment Play Fun Pleasure 