



Improving well-being

A self-study course for
students

What is this course about?

This course contains **8 sessions** which you can complete at your own pace.

You only need **10 minutes** a day.

Each session has a short **video** you can watch, followed by **activities/actions** you can do by yourself.

The course will help you increase your **well-being, confidence, resilience, and motivation.**



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7-11 breathing

1. Watch this video by John Perry
2. Notice how you feel
3. Try the breathing exercise and notice if that has changed anything
4. Try it again before you are about to start doing homework. Any changes?

Self-confidence

1

Watch [this](#) video by
Dr Iro Konstantinou

2

Try out the 6 steps
from the video for the
next 6 days

3

Reflect on any
changes in self-
confidence



Imposter syndrome

1. Watch [this](#) short video
2. Think of a situation when you don't think you are good enough
3. Having watched the video, how might you rephrase the situation you just thought of?

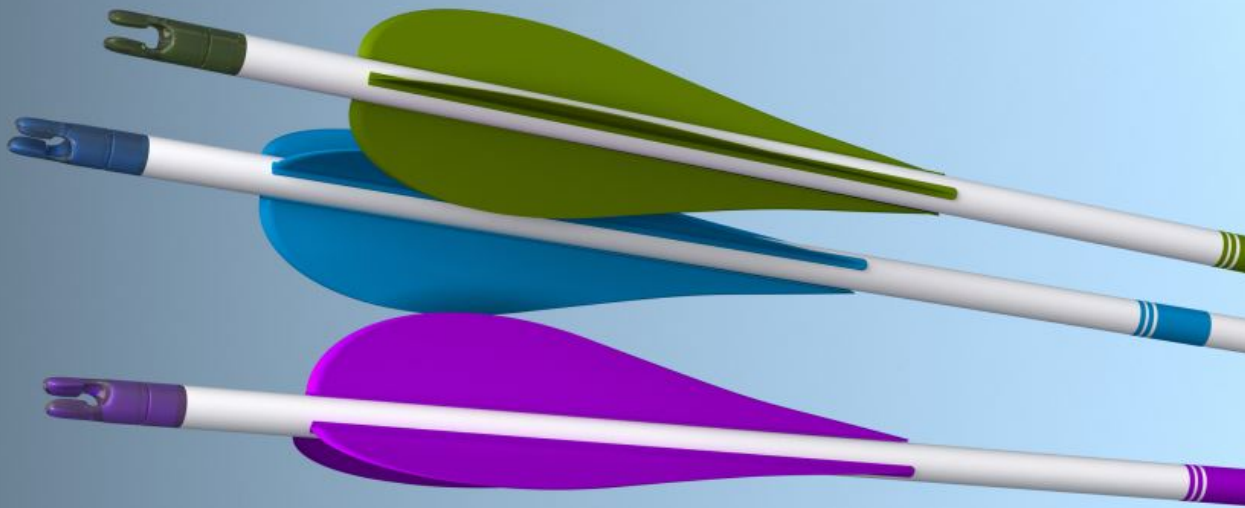
1. Watch [this](#) video
2. Think of 3 situations where you might feel no motivation or only intrinsic motivation.
3. How can you reframe these to feel more extrinsic motivation?



Staying motivated

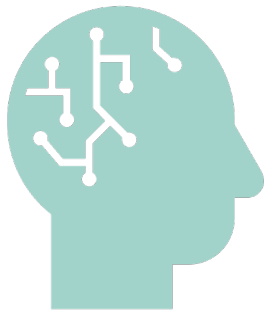
Goal setting

1. Watch [this](#) video
2. Try to set 4 goals for this year with SMART objectives



Mind your language

1. Watch this video
2. Write down 3 sentences using the language given in the video and make sure you reframe the language



Showing gratitude

1. Watch [this](#) video
2. For a week, practise one of the ideas covered in the video
3. Reflect on any changes in how you feel

Being resilient



Watch [this](#) video



For a week, practise some of the ideas covered in the video



Reflect on any changes on how you feel