

As a university student Corona has had an interesting impact on my life. This is the longest I've been away from home and although I'm still living with friends, I have missed certain things, such as spending Easter with my family and getting to see my cats. However, the largest impact has been on my university work. It has been very stressful trying to keep up with deadlines without any access to support or even a quiet place to study. We have also had pieces of work changed at the last minute by our lecturers which has added to the stress of the lockdown and trying to complete an essay on a topic which has only been given to us a week ago has been a challenge. With my workload and the fact that everyday life around us has changed I have been trying lots of different techniques to care for my mental health. I try to take mindfulness walks every day, practising my breathing and looking out for little things around my neighbourhood that make me smile such as rainbow paintings in windows and flowers which have started to bloom. I take some time daily to hang out with my housemates without our tv on, boardgames and even children's party games such as musical statues and wink murder are some of the things we've been enjoying as a group. Overall for me the most important thing has been to realise that these are extraordinary times and therefore it is okay if I take a day off from doing uni work, and even if my work is not up to my usual standard because the most important thing right now is that I look out for myself and the people around me because I'm sure the other things will work themselves out.

Kiah Age 21

