

# Helpful tips to prioritise your wellbeing

## 1. Get off to a good start and make the following a priority

- Eating a balanced diet
- Getting a good night's sleep, 7 to 8 hours
- Exercising for stress release and to help you with motivation

## 2. Set a study goal as this will help you to get the most out of your studies

- Goal setting will motivate you, help you focus your energy, and give you a reference point for making decisions
- Make a time to speak with a Student Success Coach to discuss your goal and strategies to achieve it

## 3. Balance your life

- Strike a good balance between study and non-study activities that you love doing to help you study smarter and still get a break
- Talk to your Student Success Coach about completing a study schedule together

## 4. Keep motivated, write down the reason why you are studying your course on an A4 size paper and stick it on the wall

This will help you keep focused on your goal.

## 5. Check out some strategies for looking after your wellbeing offered by well known providers or maybe try an app

- [thedesk](#)
- [headspace eHelp](#)

## 6. Get in contact with your coach if you are struggling and want to see how we can help

As Student Success Coaches we are here to listen and assist you with a plan to prioritise your wellbeing and in turn your studies, referring you to the Swinburne Wellbeing services when necessary.

## 7. Use the support services available to you

Swinburne student support services include [Wellbeing and Counselling](#). Contact them directly via email and they will be in touch with instructions on how you can interact with them via phone, email, Zoom, Skype, Microsoft Teams. Alternatively, email your Student Success Coach for information and support to access these services. You also have the option of accessing external support services such as [Headspace](#) or Lifeline (phone 13 11 14).

**Email your Student Success Coach today and remember, we are here to support you!**

[Visit our website for information and contact details.](#)