

5 steps to mental wellbeing

Evidence suggests there are 5 steps we can all take to improve our mental wellbeing.

If you give them a try, you may feel happier, more positive and able to get the most from life.



Give to others

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time.

Join a community group. Look out as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with people around you.

Volunteering

- Volunteer at Graduation or at Open Days.
- Volunteer in the local community by contacting Reading Voluntary Action rva.org.uk



Take notice / be mindful

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

Our green campus

The Whiteknights Campus has won a Green Flag Award, the international hallmark for high quality parks and green spaces.

Chaplaincy

The University has a multifaith Chaplaincy that provides space for people to practice their religion and spirituality.

Take time out

Take a walk around our wonderful campus – visit the Harris Garden, walk around our lake.

The SportsPark offer yoga classes each day.



Be active

Swap your inactive pursuits with active ones. Go for a walk. Step outside. Play a game. Garden. Dance. Walk or cycle when making short journeys. Being active makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

Join:

- The SportsPark – staff membership has been reduced to student prices. Play with your friends and colleagues, go to the gym or try one of over 100 group exercise classes.
- The Bowls Club
- The Golf Society
- The University Cricket Club

Get active on campus

- Have a walking meeting
- Take a walk around our wonderful campus – visit the Harris Garden, walk around our lake
- Walk / cycle to work
- Use the stairs not the lift

GYM NOT YOUR THING?
Check out some of our walking routes on the map overleaf.



Keep learning

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work.

Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

Visit one of the University's Museums:

- Ure Museum
- Cole Museum
- Museum of English Rural Life (NB: not on WK campus)

Public lectures

Attend one of Public Lecture Series that showcases research highlights from across the University.

reading.ac.uk/publiclectures

BOOK LOVER HEAVEN!
University staff can borrow up to 25 books at a time from the main library. All you need is your staff card.



Connect

... with the people around you. With family, friends, colleagues and neighbours. At home, work or in your

local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

Join one of our many Societies / Clubs / Associations:

- Voices at Reading
- Rural Read Book Club
- Music at Reading
- Friends of the Harris Garden
- Staff Common Room
- Friends of the University
- Women's Club

Join one of our many networks:

- LGBT Staff network
- Disability Staff network
- Harassment Adviser network
- Wellbeing Peer Support

WHAT'S ON?
Check out the monthly 'In Brief' email and seasonal Events Diary for a wide variety of enriching events.

Did you know?

Staff can enjoy the following benefits:

- Car leasing scheme
- Discounted bus passes
- Cycle2Work scheme
- Season ticket loans
- Health Cash Plan
- Career development opportunities
- Employee Assistance Programme
- On-site nursery and pre-school
- Discounted membership rates at the Sports Park

Find out more at reading.ac.uk/internal/humanresources/WorkingatReading

Did you know?

Our campuses are filled with great places to eat, and you can find a wide variety of food, including some great healthy options. Wherever you are on campus, there is sure to be somewhere near by to grab a coffee and something to eat:

Cafes

- Agriculture
- Before and After
- Café No 1
- Dol.che.Vita
- Enterprise Café
- Henley Business School Café
- Library café
- SportsPark Café
- Café Mondial

Food Outlets

- Park Eat
- Eat at the Square
- Park House Bar and Dining
- Cerealworks
- Mojos
- And more!

See hospitalityuor.co.uk/eat-and-drink/cafes, hospitalityuor.co.uk/eat-and-drink/food-outlets-restaurants and rusu.co.uk for further details

Look for this icon on the map to find your nearest places to eat and drink





Wellbeing map

Whiteknights campus

Your route to a healthy work-life balance



- Key**
- Walking paths
 - Unlit paths
 - Bus stop

Wellbeing map

Whiteknights campus

This map has been created to help you ...

Connect

- Reading Film Theatre
- Staff Common Room
- Cafes and restaurants

Take notice / be mindful

- Harris Garden (Green arrow indicates entrance to Garden)
- Chaplaincy
- Muslim Centre

Keep learning

- Ure Museum
- Cole Museum (moving to the Health and Life Sciences building in 2020)
- University Library

Be active

- Sportspark
- Tennis Park
- Whiteknights Lake

Walking Routes

Walk 1 1km
 Approx. 1088 steps 10 minutes 5.8 kph

Walk 2 3km*
 Approx. 3350 steps 32 minutes 5.8 kph

* Please note there may be muddy areas on this route in wet weather. This route also includes some unlit paths.

Walk 3 4.5km*
 Approx. 4700 steps 45 minutes 5.8 kph

* Please note this route is on the perimeter roads and pavements. Pavement is only available on the far side of Whiteknights Road between the lake and Upper Redlands Road (marked on route).