

# CCCU Student Wellbeing / Distress

## Evidence

Student need at its highest  
3307 student contacts –  
Sept & Oct alone.  
1900 active LSPs  
200 RACS  
Not including mental  
wellbeing or Disability  
Pastoral care is Up  
Attendance and  
engagement is down



## Exercise

Exercise, physical activity, sport.  
Reduces levels of hopelessness,  
Helps with social interactions,  
Develops resilience.  
Increase levels of happiness  
(Sport England, Active Lives).



## Gaps

Health literacy  
Feelings of distress  
Active transport



## Valued

Relationship development  
Increases self-esteem.  
Knowing names.  
Recognising success  
within class.



## Relax / Switch off

Need somewhere (physical space)  
to relax and able to unwind.  
Exercise, creative activities,  
gaming, cinema, close to home,  
accessible.



## Connections

Friends  
Families  
Team mates (sport)  
Others  
Relationships



## Phones / Social Media

56 days a year are spend online  
on social media. Causes inactivity.  
Physical harm and risks - links  
between sleep and screen time.  
Impacting cognition and creativity.  
Impact smart watch alerts.



## Food and Drink

76% females and 64% males  
didn't meet recommended daily  
intakes for food groups.  
Not promoted enough, not time  
to be educated.



## Sleep

British Sleep Society call for  
permanent standard time (2024).  
17% (16-24) go to bed at 1am or  
later. Recommended 7-9 hours of  
sleep (18-25)  
Need avoid caffeine, avoid large  
meals, encourage exercise



## Recommendations

- Whole University learning and teaching approaches
- Supporting active physical activity sessions
- Student union support / cooking classes
- Unpacking distress
- Safe spaces in classes
- Training and understanding for all of wellbeing



Dr Kristy Howells,  
Rev David Stroud

