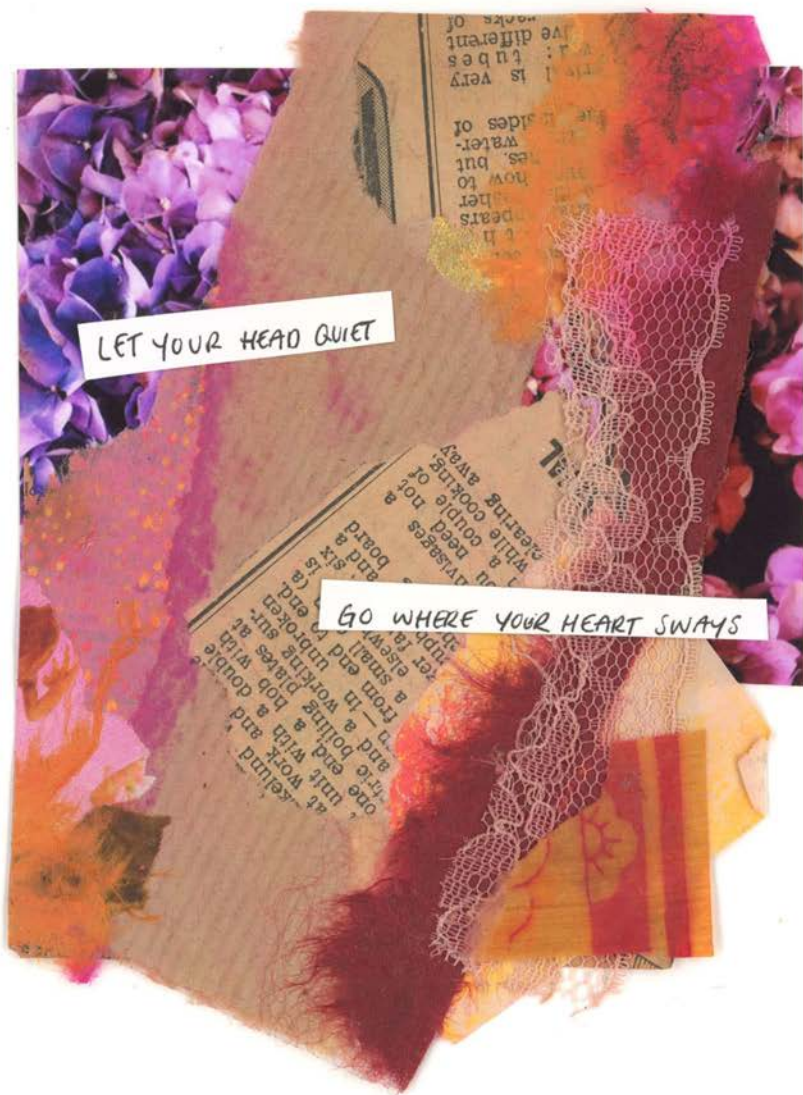


well-being

CCW



We created this zine to talk about 'wellbeing' in a way that didn't feel overly formal. UAL (and life in general) can be pretty tough at times and while we won't pretend that reading this will automatically fix your life, we hope you find something useful/funny/comforting.

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MARGARITA IEVA LOZE



Where are you from?
I am from Latvia.

UAL is such a big community. How do you feel in this kind of atmosphere?

I am in love with it! I love the fact that it is so wide and with all kind of creative possibilities throughout all UAL facilities. Also as someone who is foreign I feel that this University is providing a lot of comfort and supportive events for all kind of nationalities. It is so exciting to be inside in such a big community and thanks to that I am learning new things about myself too.

Do you feel homesick sometimes? What do you do in these moments?

Yes, of course I do. Everything is new, everyone speaks in different language and even thinks differently. It's all a bit overwhelming sometimes especially after few months when the first excitement about moving away from home is gone and you start to miss things that seemed so obvious before. Whenever I feel homesick I listen to Latvian music and call my friends and family. I am very lucky with all my dear friends and relatives who understand that it may not be easy for me all the time. Also I found out that just by hearing my home language it helps immediately and gives more confidence to overcome these kind of feelings. Often I go to Latvian grocery store, that I found here in London, and make something from those products. You wouldn't believe how much that helps. It's mystery for me.

Are you aware of societies that are available in our campus and other facilities?

Yes, I am. I'm attending few myself - Japanese language courses, drama society and contemporary dancing. I am very happy that by joining all these societies I can try out things that I always wanted to do but never actually did or had chance. I wish I could do more though.

What has changed since you started to study in UAL?

I have more knowldege now and I definately understand more my thoughts and aims. I look at art through different eyes now. Sometimes I even think to myself how much have I developed my personality and how different am I from the person who I was before I applied to UAL...

What would you advise for next students who wants to study here?

If you feel like you want to start from zero - please do it! Be curious as these will be probably the most wonderful years in your life as a student! You will learn your passion and be surrounded by very interesting people. Therefore make the most out of it and keep in mind that - You- are the one who invents yourself therefore take the chance to take yourself in this adventure!

HENRI AFFANDI



Where are you from?

I was born in Bandung, Indonesia, but I spent most of my life in the capital city Jakarta.

UAL is such a big community. How do you feel in this kind of environment?

I absolutely love it. It's really exciting to come to the uni every day and meet people who are just as weird and passionate about art as I am. I really enjoy the studio environment where people can have discussion with each other as we work. Most people are friendly as well, especially the staff. They always try to help as much as they can and make you feel like at home.

What has changed since you started to study in here?

My understanding of what is art really grows ever since I started to study in UAL. I used to be one of those art purists who felt like contemporary art is rubbish and everyone should start painting like Michelangelo and Delacroix again. But one thing I learnt is that art creates dialogue, and contemporary art is just a large network of artists trying to convey their interests, emotions and thoughts through their practice. There is no right or wrong, no better or worse.

Are you aware of the societies available and are you involved in any?

I'm actually part of the UAL Men's Football team. I play as a goalkeeper for the squad.

Do you feel homesick sometimes? If yes, then what do you do in these moments?

I think homesickness is part of studying abroad. When I first came to London there was quite a culture shock. Coming from fairly conservative and religious country, it's just odd trying to fit in with the lifestyle of other students. Obviously there are times where I really want to go home especially during my first few months. I try to keep in touch with my friends and family back home. It took me a long time to adjust to it, but I think I settled in pretty well after one year or so.

What would you advise for next students who wants to study in UAL?

Don't be cocky. A lot of new students often feel too confident about their own abilities to the point where it just hurts themselves. Going to uni is about learning more, so do that! Be open to new ideas, talk with people, always take criticism. I can't speak for other pathways, but UAL's Fine Art courses are very independent and self-directed. But take the time to have a conversation with your studio mates, and that can help a lot. It's like having a mini-tutorial every day from your friends, and I find them as the most important part of my studies. First year can be incredibly challenging, especially for international students. And the fact that we get lots of shit from people for taking art can put pressure on us to succeed. If you feel like you need help, it's probably nice for you to know that UAL puts so much attention to the students' mental welfare. Talk with your tutors or mental health adviser. They are incredibly understanding and it can literally save your life.



The Year of the Mentorship: a Mentor is kind and helpful; I am listening; I understand what you are going through; a Mentor can make you feel good; Because I care; I have cool ideas; You just have to find your Mentor; We can be friends; I am also searching for answers. Also, please be kind to me.

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Discover your UAL societies

What's on offer?

UAL offers a variety of societies where you can engage and meet other fellow students as well as doing what you enjoy. Societies vary from academic, faith and culture, recreational and many more. To find out more about these societies and how to be a part of them then follow the link below



<https://www.arts-su.com/societies>

DO's and DON'Ts

if u r feeling down
or
stressing out



take good care of ur body

avoid drugs, alcohol and caffeine.
Try to cook yourself a healthy meal.
for a recipe go to page xxx

ask for support

reconnect with family and friends.
or simply go to the one to one free counseling session provided by ual

we got you ✨

use this form to make an appointment
<https://forms.arts.ac.uk/counselling-and-health-advice-request/>



SLEEP!

at least six hours a night.
Calm yourself before bedtime by meditating or listening to gentle music.

reduce social media

quit using facebook or instagram for at least a couple hours.

escapism isn't a bad idea

immerse yourself to a story by watching a film or reading a book

do something

wash some dishes, do ur laundry, clen up ur room or even re-organize the furni-
tures to refresh yourself from outside to inside

have a conversation with yourself

what are you looking forward to in the future.
make a list of things you hate
make a list of things you like
know yourself better to take better care of yourself



CHEAP & FREE

THINGS TO DO IN

London

MUSEUMS

The British Museum
The Natural History Museum
The Science Museum
The Victoria and Albert Museum
The Museum of London
The Imperial War Museum
The Horniman Museum and Gardens
The Victoria and Albert Museum of Childhood

ALL FREE

ART GALLERIES

The National Gallery
Tate Modern
The Guildhall Art Gallery and Roman Amphitheatre
The Wallace Collection
The National Portrait Gallery
Tate Britain
The Serpentine Galleries
Saatchi Gallery

ALL FREE

PARKS

Sky Garden (Book in advance!)
Hyde Park
Regent's Park
Richmond Park
St James' Park
Battersea Park
Kensington Gardens
Greenwich Park

ALL FREE

STUDENT ART PASS

From the V&A and Hayward Gallery to Jupiter Artland and Cardiff Castle – get free access to over 240 museums, galleries and historic houses across the UK, and 50% off major exhibitions. Apply in September and get the Art Fund – Student Art Pass for £5 for a whole year!

ENTERTAINMENT

There are so many places in Central London where you can catch some incredible street performances, try Leicester Square or South Bank. Check out some comedy at these FREE comedy clubs in London: Angel Comedy Club, Another Free Comedy Night, The Comedy Grotto, The Platypus Playpen and Dogstar Comedy. See what's on at the Southbank Centre, they offer plenty of FREE entertainment such as live music, readings, workshops and loads more. They have something to suit everyone.



Today's Special

Cooking is a process of HEALING

Cooking helps me DISTRESS

Cooking helps me RELAX

Cooking is my TIME OUT

Cooking is THERAPY

I LOVE COOKING

P.S. BE YOUR OWN CHEF

Easy Vegan Salad for vegan babes ...



(1 Meals Proportion)

Ingredients :

- 1/3 Cucumber
- 1/2 Avocado
- 5 Cherry Tomatos
- 1/2 cup Quinoa
- 1/2 Lime
- 3 Garlic Cloves
- 1tb Olive Oil
- Sea Salt and Black Pepper

1. Cook the quinoa and leave it to cool down.
2. Dice the cucumber and avocado, cut the cherry tomatos into half and crush the garlic.
3. Whisk lime juice, oil, salt and pepper in a bowl.
4. Add quinoa, avocados, cherry tomatos, garlic and cucumber into the bowl and stir gently until combined.

Happy Veggie Pie for vegetarian babes ...



(2 Meals Proportion)

Ingredients :

- 1 Onion
- 1 Tomato
- 5 White Button Mushrooms
- 2 Handful of Baby Spinach
- 1 Red Sweet Pointed Pepper
- 2 Large Eggs
- 2 tbsp Semi Skimmed Milk
- Sea Salt and Black Pepper
- Drizzle Olive Oil

1. Preheat oven to 190°C
2. Wash all the vegetables, remove the seed and the top of the red pepper. Chop the mushrooms, onion and red pepper into small pieces.
3. Fry all the chopped vegetables on a pan with some olive oil, sea salt and black pepper then put them into a glass baking container.
4. Slice the tomato and put it on top on the cooked vegetables, whisk the eggs with the milk then pour it into the baking container.
5. Put the container into the oven for 20 minutes.

Japanese Curry Chicken for babes who eat meat ...



(2 Meals Proportion)

Ingredients :

- 1 Onion
- 1 Baking Potato
- 3 Carrots
- 1 Piece of Chicken Thigh/Breast
- 2 Japanese Curry Stock
- Drizzle Sunflower Oil

1. Peel and dice the carrots and the potato, boil them in hot water until they turn soft, then pour the water away and put them aside.
2. Dice the chicken and onion, fry the onion with medium heat on a pan with some sunflower oil, put the chicken in after the onion turns soft.
3. Put the carrots and potatoes into the pan when the chicken is cooked, put the stock and pour some water into the pan until the ingredients are fully covered.
4. Stir it until the stock is fully dissolved.
5. Turn up the heat and leave it for 3 minutes.

WHO TO CONTACT IF YOU NEED SOME HELP



THE NHS OFFERS FREE ADVICE ONLINE FOR DEALING WITH MENTAL HEALTH ISSUES AND TIPS ON HOW TO IMPROVE YOUR MENTAL WELLBEING

🔍 [NHS HEADSPACE](#)

FRANK

FREE, HONEST INFORMATION ON DRUGS AND GIVES INFORMATION FOR EMERGENCIES. ALSO FIND SUPPORT FOR YOURSELF OR YOUR FRIENDS

🔍 [TALKTOFRANK.COM](#)



PROVIDES INFORMATION ON A RANGE OF TOPICS INCLUDING:

- TYPES OF MENTAL HEALTH PROBLEMS
- WHERE TO GET HELP
- MEDICATION AND ALTERNATIVE TREATMENTS

🔍 [MIND.ORG.UK](#)

COUNSELLING AT UAL

UAL'S COUNSELLING PROGRAMME LETS YOU HAVE A PRIVATE CHAT ABOUT YOUR LIFE IN SHORT TERM SESSIONS, OPENING UP THE CONVERSATION ABOUT PROBLEMS IN YOUR COURSE, SOCIAL LIFE, OR MENTAL HEALTH.

TALKING ABOUT THESE ISSUES CAN HELP YOU FIND A DEEPER UNDERSTANDING OF YOURSELF AND FIND A WAY TO ADDRESS WHATEVER IS IMPACTING YOU

JUST FILL OUT A FORM WITH A BIT OF INFORMATION ABOUT WHAT'S GOING ON AND THE SERVICE ADMINISTRATOR WILL GET BACK TO YOU

🔍 [SEARCH: UAL COUNSELLING](#)

020 7514 6251

COUNSELLING@ARTS.AC.UK

EMERGENCY

CALL THE CRISIS NUMBER IF YOU WERE GIVEN ONE BY A HEALTH PROFESSIONAL OR YOU CAN DIAL:

116 123: SAMARITANS 24/7 LINE

111: FOR URGENT BUT NON LIFE-THREATENING

999: FOR LIFE-THREATENING. MENTAL HEALTH EMERGENCY



*counselling isn't as
scary as it seems*

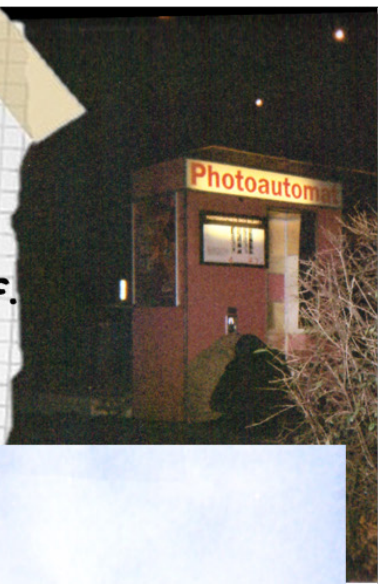


10 DAILY RITUALS TO HELP YOU FEEL GOOD

1. WHEN YOU WAKE IN THE MORNING, TAKE 10 DEEP BREATHS BEFORE YOU GET UP.
2. SAY THANK YOU FOR BEING ALIVE, EVEN WHEN YOU FEEL LIKE CRAP.
3. TAKE A MOMENT TO LOOK AROUND, NOTICE THE LITTLE THINGS AND BE PRESENT.
4. WHEN YOU TAKE A SHOWER, IMAGINE THE WATER WASHING AWAY YOUR STRESS.
5. TAKE SOME TIME TO STRETCH AND NOTICE HOW YOUR BODY IS FEELING THAT DAY.
6. BLESS YOUR MORNING COFFEE OR TEA WITH POSITIVE AND PRODUCTIVE ENERGY
7. PUT ON SOME MUSIC. DANCE AND LET LOOSE.
8. SAY THANK YOU FOR YOUR FOOD, AND IMAGINE IT FILLING YOU WITH NUTRIENTS WHILE YOU EAT.
9. COMPLIMENT SOMEONE.
10. TAKE A BREAK AND USE IT TO FOCUS ON YOUR BREATH. IMAGINE THE AIR FILLING YOU WITH LIGHT.



I HAD TO TRAVEL
TO ANOTHER
COUNTRY & PUT
MYSELF IN A BOX
TO REFINO MYSELF.



LAST YEAR I FELT PRETTY
DEPRESSED SO I RAN AWAY
TO BERLIN FOR A BIT.
IT DIDN'T REALLY 'FIX'
ANYTHING BUT I'M GLAD I WENT.



