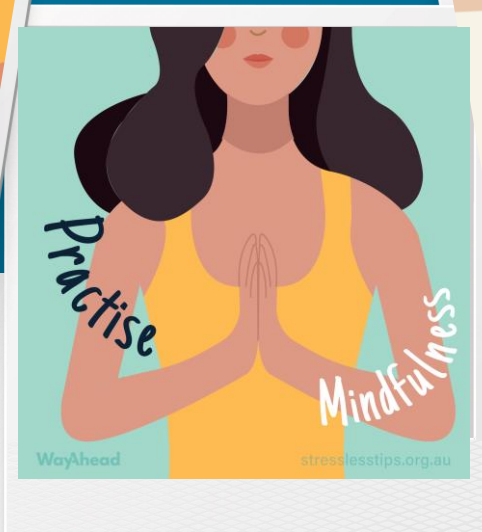
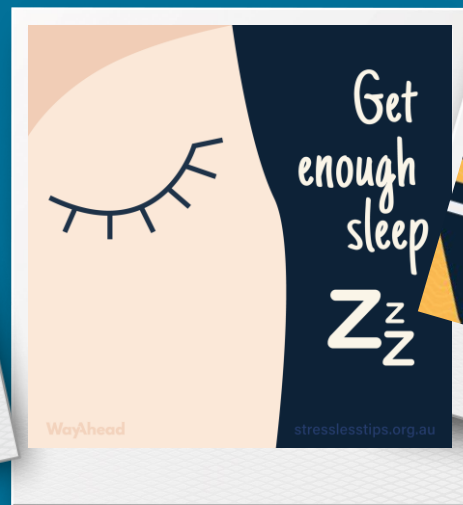


10 TIPS TO STRESS LESS @ UNI



WayAhead and
Western Sydney University

Overview

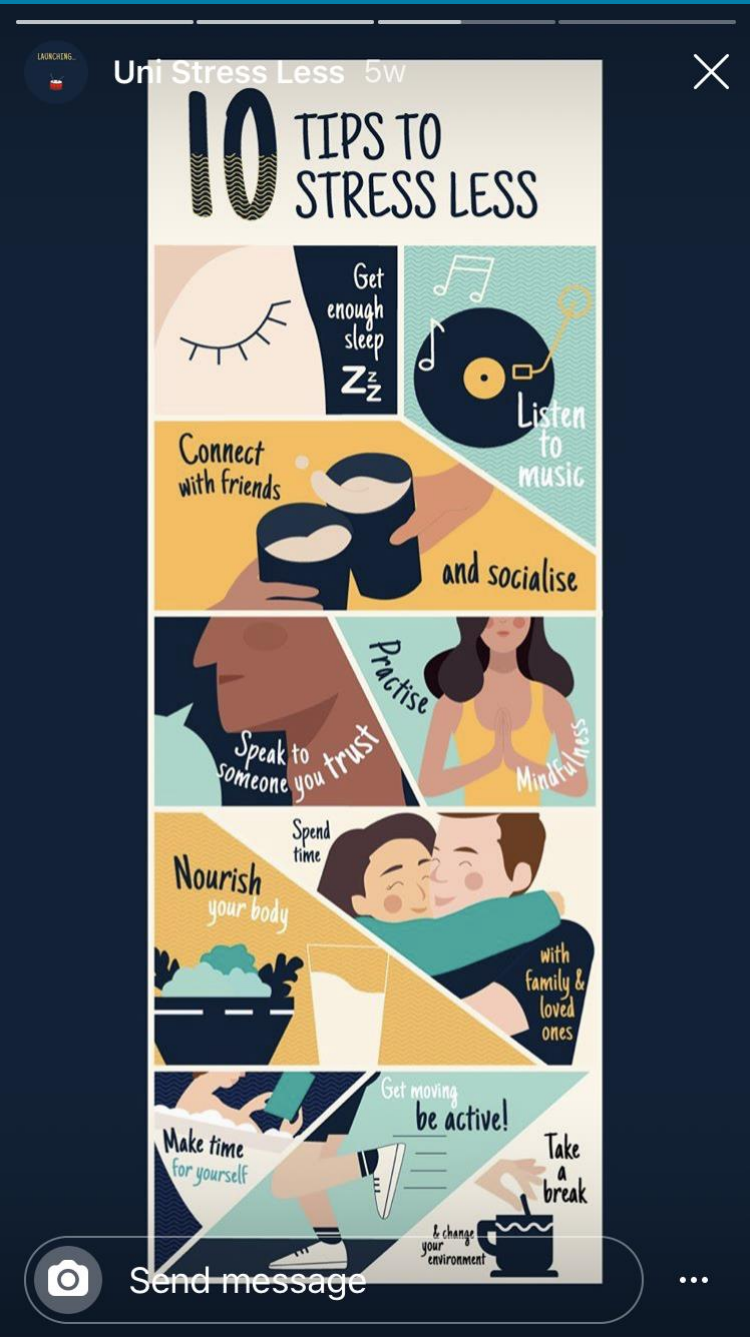
- WayAhead Stress Less Tips
 - ✓ Asha Zappa
- Research and Practical Application
 - ✓ Rowena Saheb
 - ✓ Arianne Reis





Campaign Purpose

- Relevant
- Engaging
- Increase protective behaviors
- Reduce Stigma



Resources

- Website
 - ✓ Downloadable content
 - ✓ Social Media Posts
 - ✓ University Activation Guide



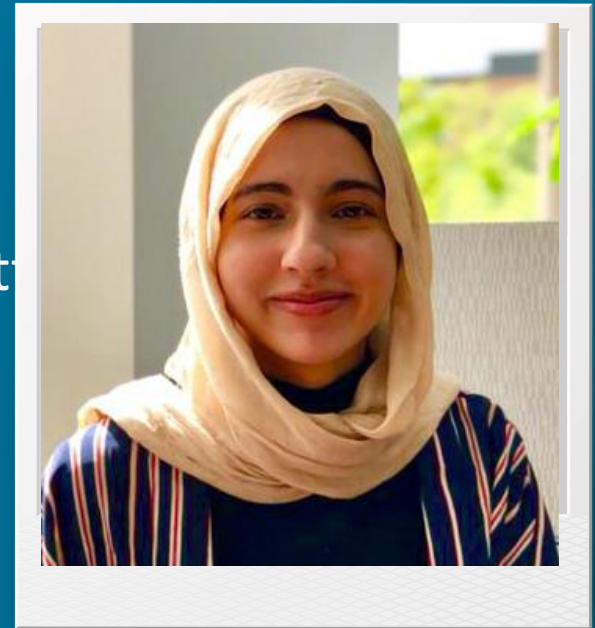
Uni Tips to Stress Less during COVID-19

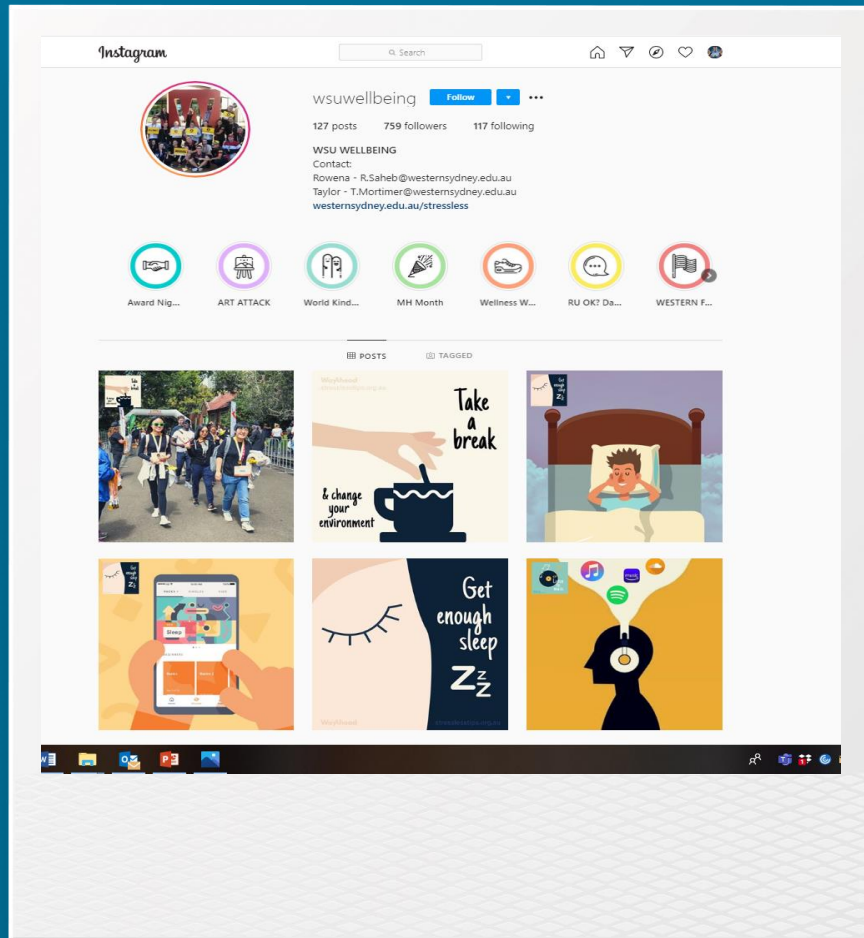
These tips were researched and developed prior to the impacts of COVID-19, as such, some of the tip suggestions might not be possible, but we wanted to include all the information. We've added some additional suggestions to the tips that are more relevant for the current situation. It can be helpful to try a few different things, see which of the tips and suggested activities work for you.

**VayAhead and
Western Sydney University**

Research and Production of Tips

- Western Sydney University, University of New South Wales and Australian National University
- Four Phases:
 - ✓ Literature Review
 - ✓ Focus group with front line professional staff (Wellbeing Port)
 - ✓ Survey (3302 responses)
 - ✓ Survey (1003 responses)
- Design Competition
 - WSU Student





Practical Application

- Social Media Strategy (online environment)
 - ✓ Downloadable resources
- Program / Project Design
 - ✓ Evidenced based
 - ✓ Strong student narrative
 - ✓ Dissemination of results

Contact Details

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 - ✓ Dr Arianne Reis, A.reis@westernsydney.edu.au
 - ✓ Rowena Saheb, R.saheb@westernsydney.edu.au



**WayAhead and
Western Sydney University**

Useful links

- WayAhead 10 Tips to Stress Less at University Webpage
✓ <http://www.stresslesstips.org.au/uni-tips/>
- Western Sydney University webpage as an example of activating tips
✓ <https://westernsydney.edu.au/stressless>
- Student Instagram Page as an example of social media activation of tips
✓ <https://www.instagram.com/wsuwellbeing/>

10 TIPS TO STRESS LESS

