



*Reflective
journal*

THIS SET OF JOURNALS ALLOW YOU TO REFLECT ON YOUR FEELINGS AND EMOTIONS, WITH THE OPPORTUNITY TO PLAN FOR THE DAY, WEEK, AND MONTH AHEAD. WE RECOMMEND TO TRY TO PUT SOME TIME ASIDE EACH MONTH TO READ THROUGH PAST JOURNALS AND TO CONTINUING ADDING TO THEM.

DAILY DIARY

TODAY'S DATE:

TODAY I'M LOOKING FOWARD TO: FOOD:

SCHEDULE:	TO DO:

I'M GRATEFUL FOR:

NOTES & REMINDERS:

WHAT I HOPE FOR TOMORROW:

WHAT WENT WELL TODAY:

*Reflect
on your day*

ONE WORD FOR
TODAY:



Three positive things about today:

Day:

Date:



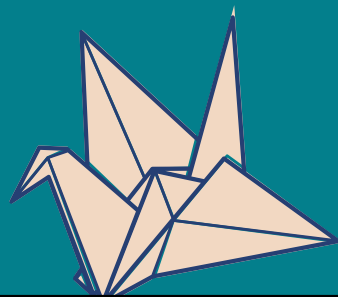
THINGS YOU
WORKED ON

HOPES FOR
TOMORROW

TODAY'S
OVERALL RATING



WEEKLY PLANNER



WEEK
COMMENCING:



THIS WEEK'S
FOCUS:

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MONDAY

[Blank space for Monday]

THURSDAY

[Blank space for Thursday]

TUESDAY

[Blank space for Tuesday]

FRIDAY

[Blank space for Friday]

WEDNESDAY

[Blank space for Wednesday]

SATURDAY

[Blank space for Saturday]

SUNDAY

[Blank space for Sunday]



THIS MONTH

WHAT DID I LEARN
FROM LAST MONTH?

1 THING I WILL TRY TO
DO AS MUCH AS POSSIBLE

1 GOOD THING I WILL TRY TO
REMINDE MYSELF EVERY DAY

1 THING TO LOOK
FORWARD TO

MY GOALS
FOR THE
MONTH:

MY LIST
OF
ACHIEVEMENTS:



WHAT ACTIVITIES
MAKE ME HAPPY?

HOW OFTEN SHOULD
TRY TO DO THEM?

WHEN I'M FEELING
DOWN, WHAT TENDS TO
COMFORT ME?

Student Wellbeing and Inclusivity links

Student Referral Form

You will need to fill out an application form to book an appointment, an administration team will access this application to pass it on so it can be screened. The purpose of screening is to direct you to the most appropriate service for your concerns.

You will then be sent a link to book an assessment or initial appointment for the service you have been directed to.



Wellbeing Advisers

Each Academic School at Loughborough has a Wellbeing Adviser who can offer advice and support to students on a wide range of wellbeing-related issues, such as stress, low mood, bereavement, family issues, relationship issues, feeling overwhelmed, transition to university.



Mental Health Support Team

The Mental Health Support Team is here to provide practical support to students experiencing mental health difficulties and liaise with staff about appropriate practical or pastoral support.



Counselling Team

The Counselling Team is available to students and staff. We offer an opportunity to talk and reflect with a professionally trained person who is outside your immediate situation. We are a well-established and experienced team of counsellors who are dedicated to short term counselling, for emotional or psychological problems that are affecting your studies or time at university.

