



Swansea
University

Prifysgol
Abertawe

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COLOURING



for Calm

Wellbeing



PROFESSOR ANN JOHN
Research interest:
Young people's mental health

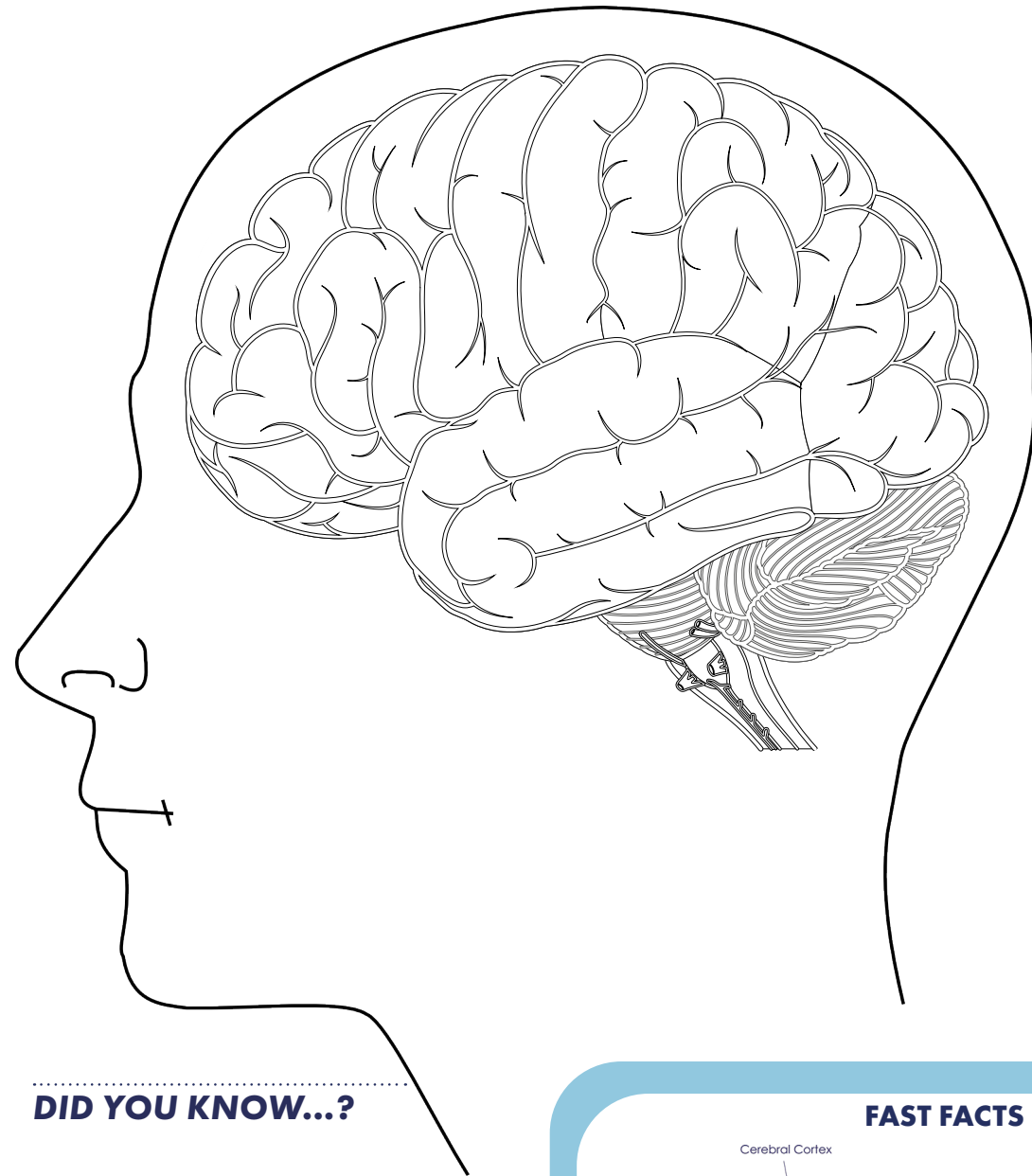
"The time between the ages of 11 and 24 is a period of huge change and with that change can come quite unsettling feelings and emotions that are part of normal human experience. One of the most unsettling times is around exam results and what that can do is make you feel really anxious."

Anxiety can present in all sorts of ways. Some people are quite aware that they're feeling anxious - for example if their heart beats a bit faster - but anxiety can also feel like a knot in your stomach or a lump in your throat and those feelings are almost a human response to what you're experiencing as a threat, which goes back to quite a primitive 'fight or flight' idea.

Often these feelings will just pass but if you're finding that they're keeping you up at night or you're worrying, or it's affecting if you want to see your friends - that's when anxiety is getting too much. One of the things you can do is distract yourself - try breathing in and out slowly, make a playlist or do something physical like going for a walk, talking with friends or mindful activities like colouring.

We have put together this colouring book to help you relax - and you can revise a little while you're at it! We hope you enjoy!

The important thing to remember is that all things pass. If you're worried, just talking your options through can really help to clear your mind"

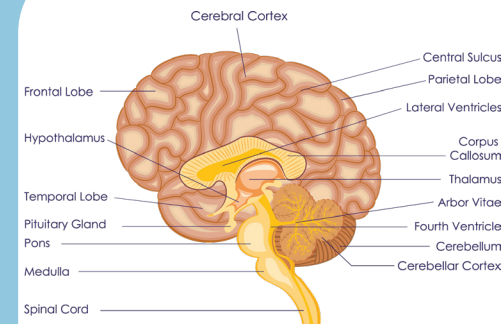


DID YOU KNOW...?

MIRROR NEURONS ARE RESPONSIBLE FOR THE "WATCH AND LEARN" EFFECT!

Mirror neurons activate and respond both when we observe actions and when we imitate them, which is why simulated learning is so effective.

FAST FACTS

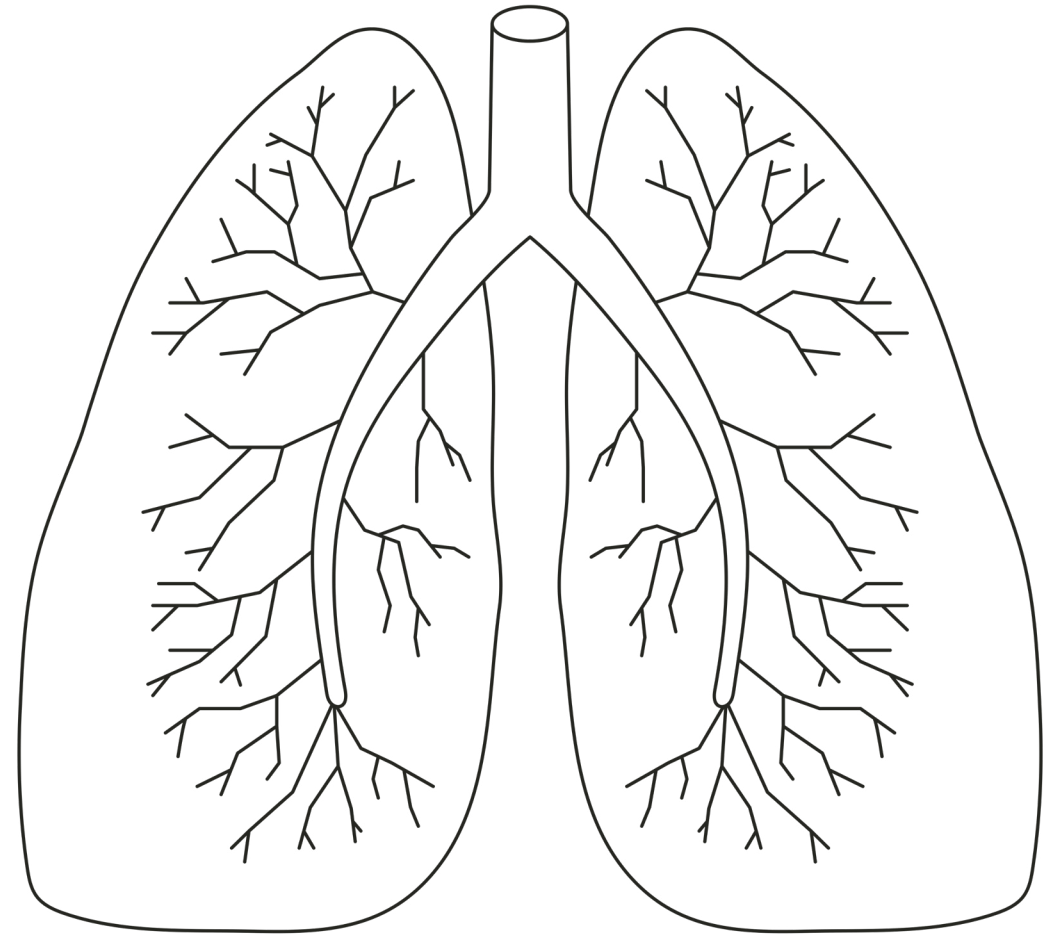
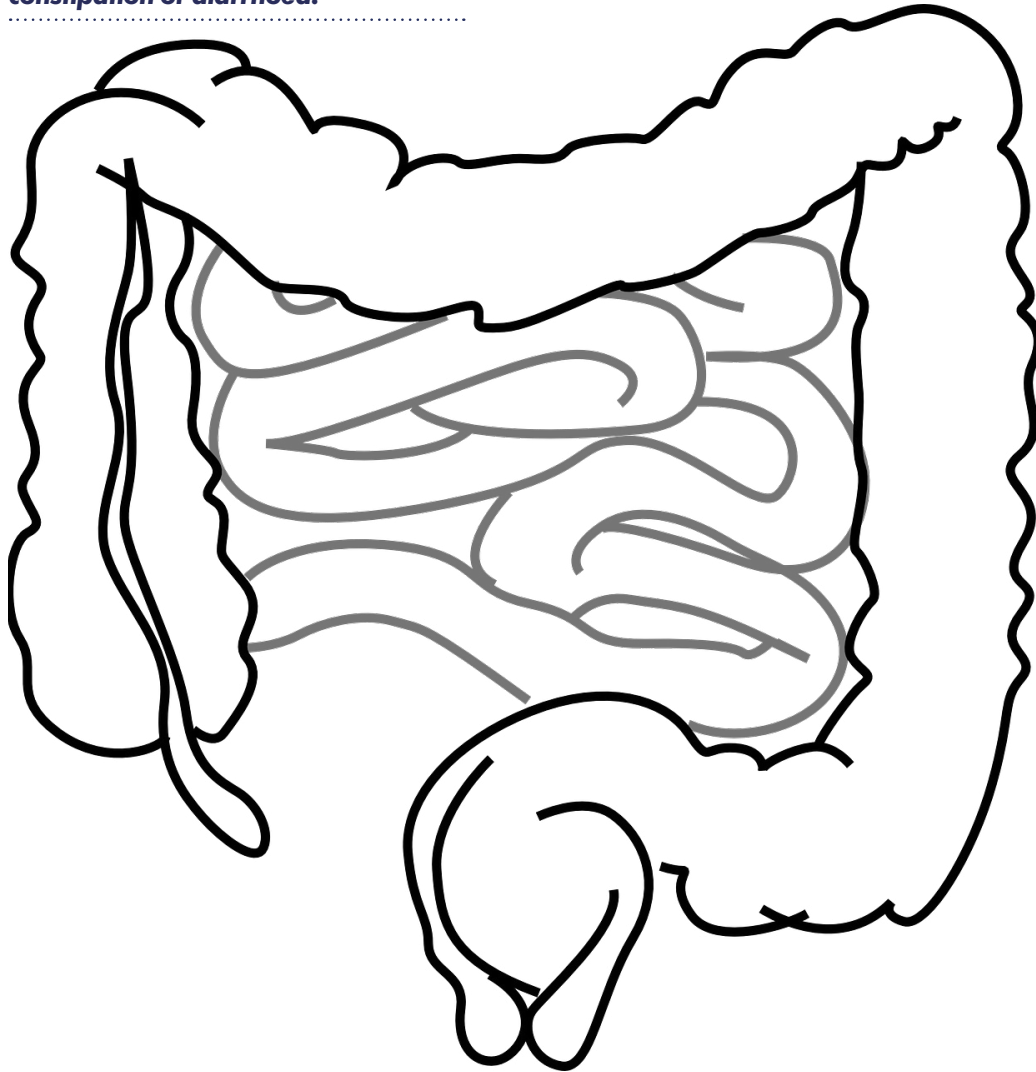
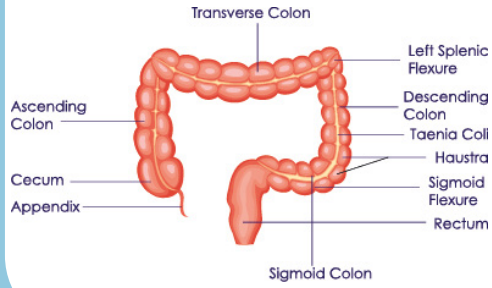


DID YOU KNOW...?

THE GASTROINTESTINAL TRACT IS EXTREMELY SENSITIVE TO EMOTION!

The link between the gut and the brain, sometimes known as the gut-brain axis, means that mental health can affect digestion. Stress and anxiety can upset the digestive system, causing symptoms from bloating and pain to loss of appetite, constipation or diarrhoea.

FAST FACTS

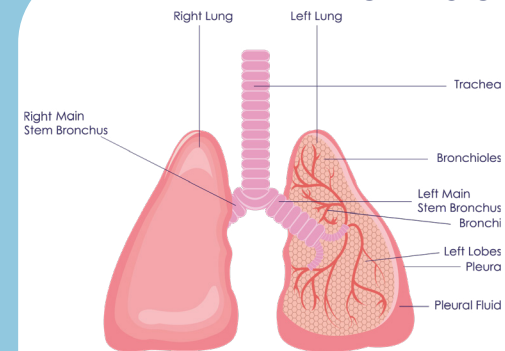


DID YOU KNOW...?

ANXIETY AND ASTHMA CAN BOTH CAUSE BREATHING DIFFICULTIES!

Where panic attacks cause shallow, rapid breathing and increase oxygen flow, chest tightness caused by an asthma attack reduces oxygen intake.

FAST FACTS

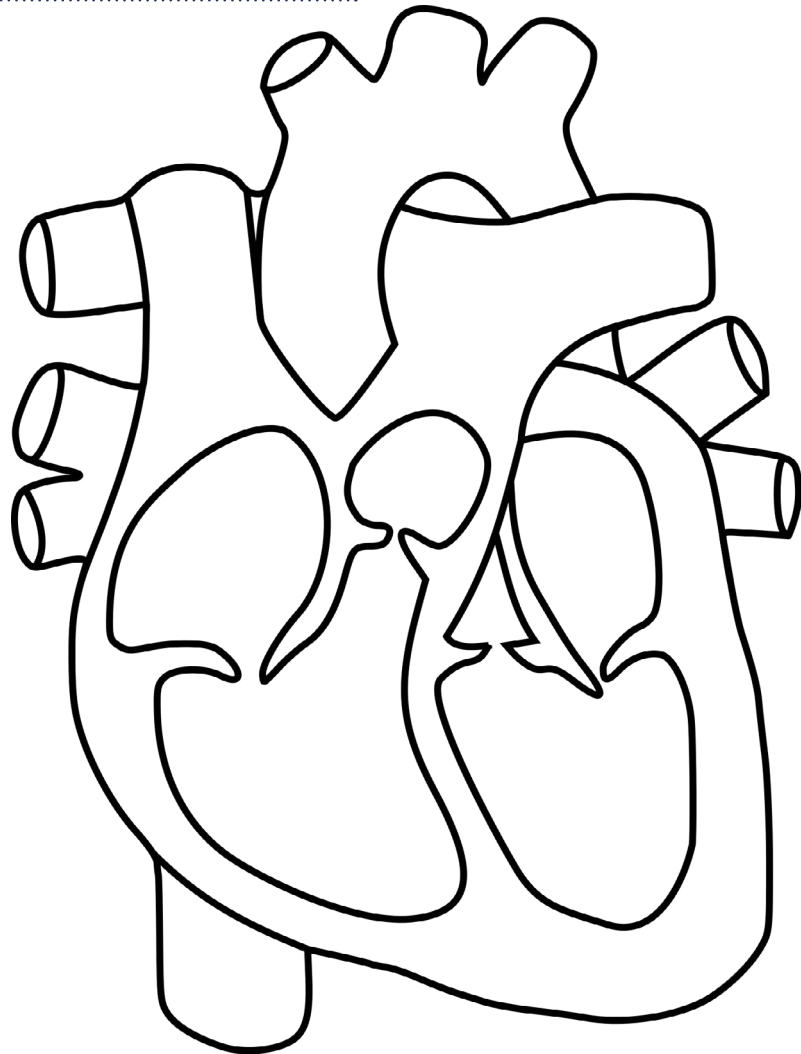
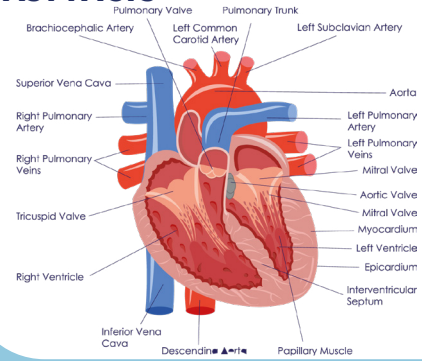


DID YOU KNOW...?

THERE ARE TWO MAIN TYPES OF CHOLESTEROL - HIGH DENSITY LIPOPROTEINS (HDL) AND LOW DENSITY LIPOPROTEINS (LDL)!

HDL is often called 'good cholesterol' as it carries cholesterol back to the liver to be broken down. LDL cholesterol is often known as 'bad cholesterol' because it can build up in arteries and lead to heart disease, heart attack or stroke.

FAST FACTS

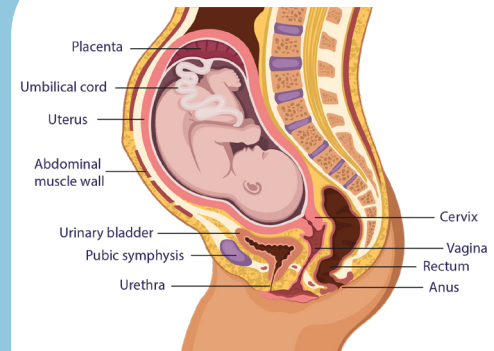


DID YOU KNOW...?

BECOMING A MOTHER CAN MAKE YOUR HEART GROW LITERALLY AS WELL AS FIGURATIVELY!

As blood volume increases by up to 50% during pregnancy, the heart beats faster and stronger, growing larger to keep up with supporting foetal development in the womb.

FAST FACTS



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