


# STAY WELL WITH AUT

Our tips for you to stay well during lockdowns and studying remotely



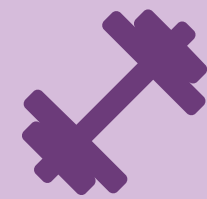
**AUT**



## SELF-CARE AND WELLBEING

Check out our tips on looking after your mind, body and soul including building routine, getting centred, health eating and sleeping well. If you need support reach out to the Student Hub or our Counselling team.

> [Find out more](#)



## STAY FIT

Join an online workout with the AUT gym offered during COVID-19 restrictions. They offer live classes to help you stay fit virtually. The Te Āhuru Recreation Centre has a range of online activities for you too! Head over to their Instagram account and see what's in store for you.

> [Go to @autgym](#)



## STAY CONNECTED

It's normal to feel low or disconnected from the rest of the world in times like this. See our tips, advice and services we offer to help you cope and overcome these feelings. You can also stay connected with other students through [#UnitedApart](#) on Facebook.

> [See tips and advice](#)



## BUILD RESILIENCE

Register for one of our Bright Side programmes, they provide practical advice and tools to reduce stress and self-doubt, build a positive mindset, and overcome the curve balls life can throw at us.

> [Find out more](#)



## MAINTAIN ROUTINE

When studying remotely it can be easy to lose routine. Creating regular timeslots in your week to work on your assessments, exercising, joining our online classes, enjoying meals, or connecting with friends helps to create a sense of normalcy to life under COVID-19 restrictions.

> [Plan your week in your MY AUT schedule](#)



## PRACTICE MINDFULNESS

We have a range of podcasts and online exercises available for you to take time out from your studies and work. Check out Watch and Listen on Student Hub Online and the AUT app to get centred, relax, and reduce stress and anxiety.

> [Watch and listen](#)

## KEEP YOUR DETAILS UP TO DATE

Make sure you keep your personal contact details up to date with AUT. We use this information to keep you updated on important information related to your studies at AUT and informed of emergency updates, including COVID-19 updates if they arise. > [Check if your details are up to date](#)

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