

Be Kind To Your Mind.

April 2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1 Start your month strong by taking a break, getting some fresh air and meeting new people today on a Social Stroll (1-2pm).	2 Download and log in to the Edge Well 24/7 Wisdom app to access free, confidential support anytime, day or night, all year round.	Bank Holiday 3 Give yourself permission to put your books down today. Try something new, meet a friend for a coffee or even dance it out!	4 Clear your mental clutter. Write down what's on your mind, listen to music or talk to friends and family. Put your energy into what needs your attention today.	4 Take a guided pause. Open the Edge Well 24/7 Wisdom app and try a short breathing or relaxation exercise.
Bank Holiday 6 Ace Your Assessments (6-24 April) starts today. A great time to write down all your big jobs, or deadlines, and break them down into smaller tasks.	7 Use the Edge Well 24/7 Wisdom app's mood checker for a few days and notice any patterns without judgement.	8 Choose a time to finish for the day so your mind knows it can switch off. Download the Libby app to access free reading for pleasure resources.	9 Reach out early, especially if stress feels constant or overwhelming, by connecting with your Student Support team.	10 Take control of your studies and get exam ready by booking your place on a UniSkills Workshop.	11 Stand up, stretch or take a short walk - stress often sits in the body and can impact your mental wellbeing.	12 Begin today gently. If you're feeling stuck, set a 10-minute timer and take break or even try the Pomodoro study technique to help focus.
13 Protect one non-negotiable today. Choose a small daily routine – a walk, music, shower or quiet time - and keep it steady.	14 The best therapy has four legs, a waggy tail and will be waiting for a cuddle from you today (11am-1pm).	15 Take yourself to a new environment, a Faith and Food café (12-2pm), change of scenery or even a mini date with yourself.	16 Notice what went well today. Before bed, name three small wins or steady moments from your day.	17 Be on your own side. When your inner voice turns critical, reflect and ask what you'd say to a friend to help reframe unhelpful thoughts.	18 Clear your mental clutter. Write down what's on your mind, listen to music or talk to friends and family. Put your energy into what needs your attention today.	19 Plan ahead before you go to bed. Write down a small task list for the week or reflect even further on what you need for your future career goals.
20 Switch up your environment and Get Connected today. Move seats, change rooms or tidy one small area to refresh your focus.	21 Give yourself a confidence boost today by exploring UniSkills Toolkits, designed to help develop your academic skills at your pace.	22 Learn all about how Catalyst specialist support can help you thrive on your student journey and access everything you need in one handy toolkit!	23 Create a short buffer before sleep – dim lights, quieter activity, less scrolling – to help you fall asleep faster.	24 Step into spring. Spend a few minutes outside or near natural light to reset your energy. And don't forget to return your Plants 4 Life for replanting!	25 Give yourself something you can look forward to by booking your place on a trip to the Lake District!	26 Make space for enjoyment. Plan, or do, one small thing this week purely because you enjoy it – guilt free!
27 Explore your financial foundations in budgeting, saving, tackling debt and financial wellbeing for your future.	28 Take time to slow down. Pause and breathe in for 4, out for 6 to help your body settle.	29 Make connections. Message a friend, study near others, or join a study group like Returning to Learning.	30 Take a gentle opportunity to sit, chat, and pause with a warm and welcoming way to connect and reflect on how far you have come.	Take a breath, a pause and advantage of all the ways Catalyst specialist support is here for you this stress awareness month .		