

# Be Kind To Your

# Mind.



April 2026

Mon

Tue

Wed

Thu

Fri

Sat

Sun



**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.](#)

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 \(11am-1pm\).](#)

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.](#)

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.

1  
[Start your month strong by taking a break, getting some fresh air and meeting new people today on a Social Stroll \(1-2pm\).](#)

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.](#)

15  
[Take yourself to a new environment, a Faith and Food café \(12-2pm\), change of scenery or even a mini date with yourself.](#)

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!](#)

29  
[Make connections. Message a friend, study near others, or join a study group like Returning to Learning.](#)

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.](#)

9  
[Reach out early, especially if stress feels constant or overwhelming, by connecting with your Student Support team.](#)

16  
 Notice what went well today. Before bed, name three small wins or steady moments from your day.

23  
[Create a short buffer before sleep – dim lights, quieter activity, less scrolling – to help you fall asleep faster.](#)

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.](#)

**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!

10  
[Take control of your studies and get exam ready by booking your place on a UniSkills Workshop.](#)

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.](#)

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!](#)

Take a breath, a pause and advantage of all the ways Catalyst specialist support is here for you this **stress awareness month.**

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.](#)

11  
[Stand up, stretch or take a short walk - stress often sits in the body and can impact your mental wellbeing.](#)

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.](#)

25  
[Give yourself something you can look forward to by booking your place on a trip to the Lake District!](#)

4  
[Take a guided pause. Open the Edge Well 24/7 Wisdom app and try a short breathing or relaxation exercise.](#)

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.](#)

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.](#)

26  
 Make space for enjoyment. Plan, or do, one small thing this week purely because you enjoy it – guilt free!

