

ELEPHANT IN THE ROOM : SELF CARE GUIDE



**ZERO
TOLERANCE**

THE OMC IS COMMITTED
TO ENDING SEXUAL HARASSMENT
AND ALL FORMS OF DISCRIMINATION



Everyone has mental health.

No matter your age, your gender, your sexual orientation or race and ethnicity, mental health is important to all and looking after it should be a priority. This guide has been put together as a guide to how we at Elephant in The Room practise self-care as a way to look after ours.

Self care looks different to all people. Some have a bubble bath and do a face mask, others go to the gym or for a walk. Some like to watch tv and others like to bake or make lists. There are so many options to do something that feels right for you and we hope this zine helps you figure out your favourite way to prioritise yourself. Whatever your self-care looks like, so long as it makes you feel better and helps your mental health it is perfect!

Sometimes it can be difficult to look after yourself and sometimes you can do all the tasks expected of you and you still don't feel okay. This is valid. This guide isn't a definitive list on how to help your mental health but we hope it helps a small amount.

- Elephant in The Room Committee 19/20 x

If you need help or someone to talk to, please reach out.

<https://www.mentalhealth.org.uk/>

<https://www.beateatingdisorders.org.uk/>

<https://www.samh.org.uk/>

<https://www.samaritans.org/>

<https://breathingspace.scot/>



LOOK AFTER YOURSELF

The cross-campus initiative between SRC, QMU, GUU and GUSA looking at helping support your well-being

TO DO A DAILY MENTAL HEALTH LIST



Change into
clean clothes



Brush your
teeth



Make
your bed



Drink some
water



Get some
fresh air



Have 3
meals

Because the small things every day
can make a big difference



A PRODUCTIVE BUCKET LIST

IN THE KITCHEN

- Make a dish from a film/ tv show
- Make pasta/ noodles from scratch
- Meal prep
- Make bread [bonus if it's not banana]

PRODUCTIVE

- Find volunteering work
- Vacuum [you know you need to]
- Finish a book
- Learn a new language

FOR FUN

- Make a pintrest
- Do a puzzle
- Reorganise your room
- Learn the floss dance [document the evidence]



Courtney Hughes @cahtbh

BINGE WORTHY TV SHOWS

Feeling a little down and looking for something upbeat to watch and help you feel better? Look no further!



Black Books (2000-2004)

An offbeat sitcom about bad-tempered, eccentric bookshop owner Bernard Black and his long-suffering assistant Manny. Bernard has no use for people outside his shop - and sometimes, not much use for the people inside it, either. He prefers to spend his time reading, drinking and smoking. Manny, assisted by Bernard's oldest friend, Fran, who runs Nifty Gifty, a shop down the way, frequently tries to adjust Bernard's attitude and get him to be more social.



The Great British Bake Off (2010-)

Home bakers compete against each other in order to prove their baking skills and win the title of Britain's best amateur baker.

Schitt's Creek (2015-2020)

A married couple suddenly go bankrupt and the only remaining asset they have is an ugly small town named Schitt's Creek.



The Good Place (2016-2020)

Eleanor, a deceased saleswoman who lived a morally corrupt life, finds herself in a heaven-like afterlife in a case of mistaken identity and tries to hide her past in order to stay there.



Grey's Anatomy (2005-)

Surgical interns and their supervisors embark on a medical journey where they become part of heart-wrenching stories and make life-changing decisions in order to become the finest doctors.



Weekly GRATITUDE LIST



5 REASONS
TO SMILE



A BANANA BREAD RECIPE FOR ALL YOUR BANANA BREAD NEEDS

Ingredients:

140g butter

140g sugar

140g self-raising flour

2 large eggs

1 tsp baking powder

2 ripe bananas, mashed

oats, for decoration



Method:

1. Butter the loaf tin and heat the oven to 180°C.
2. Cream the butter and sugar until light and fluffy. Beat the eggs together, then add to the butter and sugar mixture.
3. Fold in the flour and baking powder into the mixture. This will create a soft dough.
4. Mash the bananas, and stir into the mix.
5. Pour into the tin. Spread the oats on top as decoration (as many or little as you would like).
6. Bake for 30 minutes until a knife/fork/cocktail stick comes out clean. Cool for 10 minutes and then remove to a wire rack.
7. Eat, and then bake again as many times as you like. Banana bread is tasty.

Courtney Hughes
@cahtbh

Courtney Hughes @cahtbh

BOREDOM- BUSTER FILMS

'you can't argue with my list i did a film & tv degree xoxo'
~**Courtney Hughes**



Matilda (1996)

An absolute classic. Matilda shares a home with her parents and brother, who do not appreciate her. When her principal tortures her and a kind-hearted teacher, she uses her telekinetic powers to settle scores.

Hot Fuzz (2006)

Police officer Nicholas Angel is known to be the best across London. His seniors, who are jealous of his achievements, transfer him to a remote village where he encounters various challenges.





Easy A (2010)

While Olive lies to her best friend about losing her virginity to one of the college boys, a girl overhears their conversation. Soon, her story spreads across the entire school like wildfire.

Ferris Bueller's Day Off (1986)

Ferris Bueller, a high school student, fakes sickness to stay at home and spends the rest of the day with his best friend and girlfriend. Meanwhile, his dean is trying to spy on him.



Harry Potter and the Philosopher's Stone (2001)

Harry Potter, an eleven-year-old orphan, discovers that he is a wizard and is invited to study at Hogwarts. Even as he escapes a dreary life and enters a world of magic, he finds trouble awaiting him.



Courtney Hughes @cahtbh

SELF- TRACKER/ HABIT TRACKER






Feeling like everyday is the same and that you're not getting anything out of it? Below is instructions for a self/ habit tracker, to remind yourself that everyday is different, some days are productive, others aren't, but mainly you're just living your life!

Use a piece of paper, card, a page in your journal, a whiteboard, the back of an old poster, pretty much anything. Draw a big rectangular box like this:



Except you'll want it a little bigger. Next, measure out a 5 cm space on the left-hand side, and fill in the rest with 1cm spaces, like so:

Now, here's where the real fun begins. Start filling in the 5pm space on the left-hand side with things you would usually do, such as showering, eating 3 meals, drinking 3 glasses of water, exercising, working, reading, cooking, baking etc. Allocate a colour to each block, and then at the end of everyday just fill in the tracker with everything you did that day!

	1/05	2/05	3/05	4/05	5/05
Showered					
Cooked					
Read a book					

Feel free to use the example we made for you on the next page!

Courtney Hughes + Charles Sherrington

10 THINGS TO DO ON A WALK

1 STAND UNDER 3
DIFFERENT TREES

3 FIND A CAT

5 CROSS THE ROAD 4
TIMES

7 COLLECT 5
DIFFERENT LEAVES

9 TOUCH AS MANY
BRICKS AS POSSIBLE

2 FIND THE BIGGEST,
SMALLEST AND
FLUFFIEST TYPE OF DOG

4 SPOT THE BEST STICKER
OF PIECE OF GRAFFITI

6 FIND A GOOD STONE,
TAKE IT WITH YOU AND
LEAVE IT SOMEWHERE
DIFFERENT

8 WALK AS SLOW AS YOU
CAN THEN AS FAST AS
YOU CAN

10 TAKE A PHOTO OF THE
BEST PART OF YOUR
WALK

Fatima Saeed

SELF-CARE Q&A

How do I feel today?

What am I thankful for right now?

What negative attitude do I need to change?

What positive affirmation can I give myself today?

What ongoing support do I need?

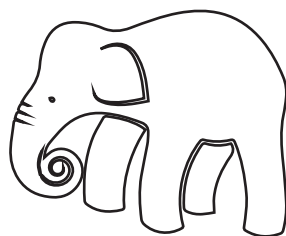
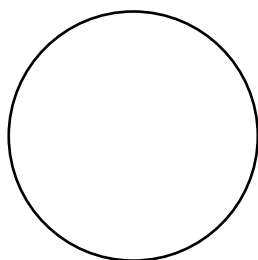
What do I need to do to be a better version of myself?



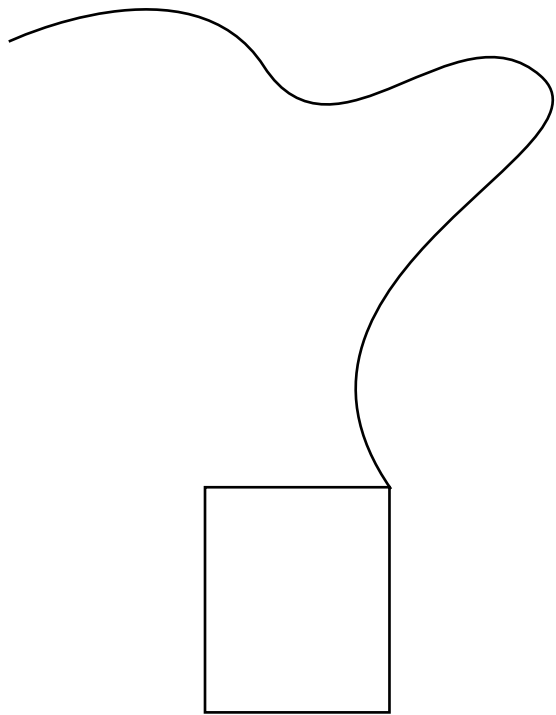
DOODLE STARTERS

Bored and want to draw something but can't think of what to draw? Print these doodle starters and share your masterpieces on instagram!

@qmuelephantintheroom | @qmunion



@qmuelephantintheroom



@qmuelephantintheroom

Ruaraidh Campbell

SEVEN GOOD READS

One of the luxuries we have just now is time. It's time to assail that dusty tower on your bedside table. Despite the sunny weather, this is the closest we've been to long winter nights, priority free. Here's a few of my recent favourites to whet your appetites. Grab the books by the horns, this is a great opportunity to settle down with a good read.

1 Liveforever - Andrés Caicedo - A vivid and erratic rumba through the heights and depths of 1970s counter-culture Columbia. Musical and sultry with a dark, frantic soul.

2 Segú - Maryse Condé - A gripping and tenacious novel. An important post-colonial voice, through sprawling family history Condé evokes Africa on the precipice of juddering change.

3 The Emperor- Ryszard Kapuściński - Sundered grandeur captured by one of the great journalists of the last century. Kapuściński risked his life foraging the last voices of the 700 year old Empire amidst the rubble of revolution. A rich portrayal of absolute power, themes feel particularly apt today.

4 Chronicles- Bob Dylan - As sage and idiosyncratic as his best lyrics. These scenes from the life of the Nobel Prize winning singer-songwriter are the closest Dylan has come to autobiography. This alluring slideshow is enchanting and all too brief.

5 Love in the Time of Cholera - Gabriel Garcia Márquez - My favourite novel, a story of Love, its glories and its tragedies set against the rich backdrop of 20th century South America. Beautiful, vibrant and colourful. Few novelists can equal Márquez's gift.

6 From the Holy Mountain-William Dalrymple - A travel book of remarkable scope and insight, following the last remnants of a dying 1,000 year old community. A stunning portrait of an unfamiliar Middle East before the Iraq and Afghanistan conflicts and the Arab Spring.

7 Far From Mogadishu - Shirin Ramzanali Fazel - The story of one Somalian migrant's journey from her war-torn homeland. A sobering and frank account that gives voice to often silent communities.

Elephant in the room:
Self Care Guide
issue 1

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With thanks to all contributors

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QMU



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