



WELLBEING HUB

TERM 3 • WEEK 10



WELCOME TO THE HUB

We did a podcast!

Last month welcomed Mental Health Awareness week and as part of that, we recorded our first podcast episode with OMBS Graduate, Jessica Robson. It was a great episode and will be live for you to listen to in the coming days.

As the lockdown continues to ease, the change of it all can bring with it a mix of emotions. I have seen a few students this week who are battling some social anxiety and who are feeling the pressure to return to their old 'normal'. Being aware of the routine you have established over the last 12 months and continuing to implement that, can help elevate anxiety and create a sense of control.

It is important to remember that pushing yourself to do uncomfortable things can sometimes be a brilliant thing, but if it is causing you undue stress or worry then fully understanding and establishing your boundaries can help.

WEEKLY WELLBEING
HUB

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BEYOND OMBS PODCAST: EPISODE 1

It was Mental Health Awareness week last month and in honour of that and as part of our OMBS ambassador programme, we had two of our current students speak with OMBS Graduate, Jessica Robson.

Jessica was a student with us in 2013 and has since gone on to develop a global wellness community called Run Talk Run, and it's sister group Walk Talk Walk.

Jessica would describe the community as a "safe space for anyone who is struggling with their mental health, and certainly not a 'feel good space' at a superficial level."

Jessica's journey is one that can only be admired and she speaks so openly and honestly with our students.

We are incredibly proud of episode #1!

Keep an eye on our website as more episodes will be uploaded.

Beyond OMBS Podcast



A podcast from the students at
Oxford Media & Business School



[Link to podcast](#)

OMBS Ambassadors - what does it mean?

We are a job focused course and we know OMBS students usually want to pursue a career in Digital Media & Marketing, Business Communications or PR.

We are all too aware that many jobs now are 'portfolio based', meaning that small projects add up to big opportunities!

In addition to the upcoming work experience, OMBS students are also being given the opportunity to implement a working marketing strategy here alongside the Head of Marketing. These experiences alongside their course content all adds up to a huge amount of experience.

Not to mention tutor David's wonderful Media lectures, where he invites an Industry expert in (or virtually) Film/TV/Media to speak to our students is giving them ample fodder for their CVs.

RECIPE OF THE WEEK

Recipe

Lets talk toast!

Give your toast a twist with some

Toast can be the perfect pairing to some healthy leftover salad ingredients kicking around, make sure none of it gets chucked away. Grab some bread straight from the freezer and pop it into the toaster to pair those ingredients with some delicious toast.



YOGA POSE OF THE WEEK

In Trikonasana, the triangle pose helps to expand your chest and shoulders. With this asana, it provides stamina, balance, energy and develops focus. This asana helps to strengthen the muscles in the hips, thighs and back. This asana may be used for stress management

- Stretches and strengthens the thighs, knees, and ankles.
- Stretches the hips, groins, hamstrings, and calves; shoulders, chest, and spine.
- Stimulates the abdominal organs.
- Helps relieve stress.
- Improves digestion.



Video