

# Student Health and Work balance



**Elisabeth Jeppsson, Occupational nurse**  
**Joel Humlesjö, Counsellor**

# Special challenges for students in arts and Music?

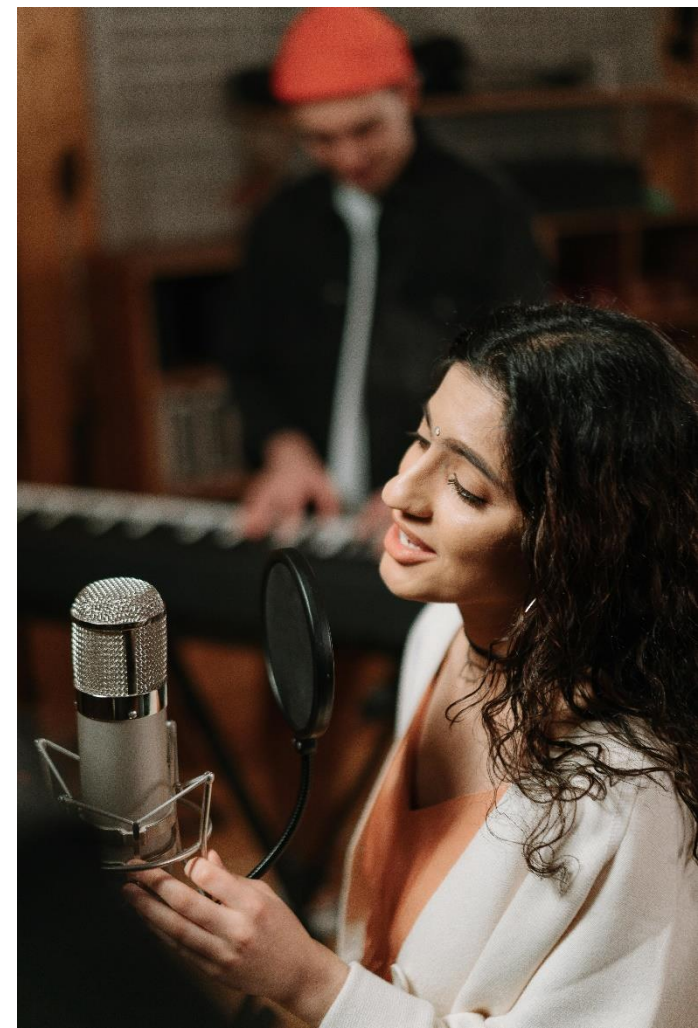


# Special challenges for students in arts and Music?





# How do we support students during their studies?





# For students at:

- Royal College of Music
- Stockholm University
- KTH (Royal Institute of Technology)
- Royal Institute of Art
- Beckmans College of Design
- Swedish Defence University
- GIH (The Swedish School of Sports and Health Sciences)
- Konstfack (University of Arts, Craft and Design)
- Malmstens Linköping University
- SKH (Stockholm University of the Arts)



beckmans  
designhögskola



**KONSTFACK**  
*University of Arts, Crafts and Design*

STOCKHOLM | STOCKHOLMS  
UNIVERSITY | KONSTNÄRLIGA  
OF THE ARTS | HÖGSKOLA



**Försvvarshögskolan**





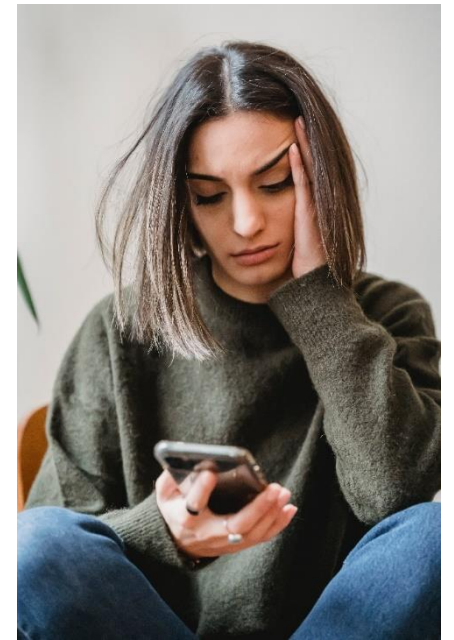
## Our reception





## How to meet us?

- Individual appointments by phone, videocall or in person.
- Group activities on SU Campus and online







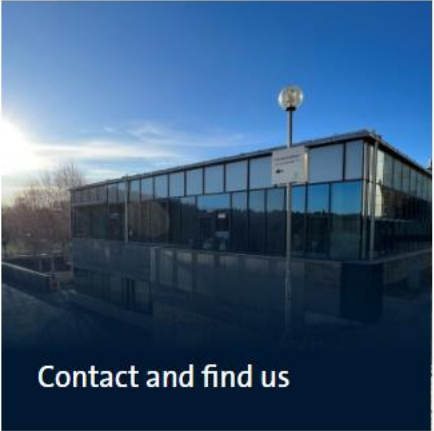
# Stockholm Student Health Services

Who we are and what we offer

Book an appointment



Our events and activities  
Invest in your health



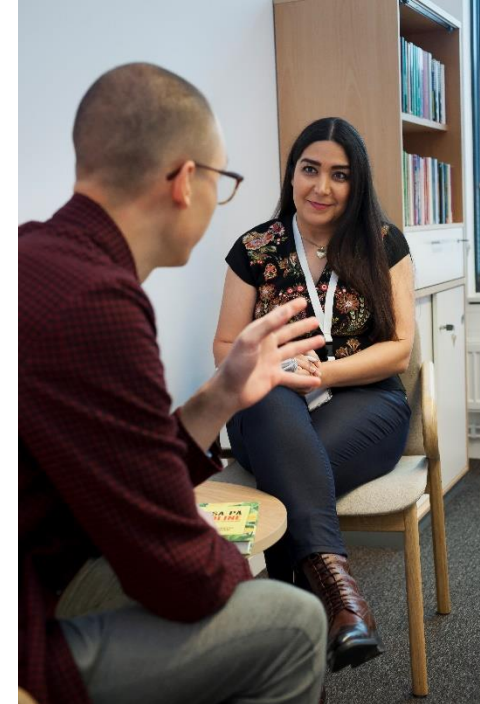
Contact and find us

In case you get ill

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Information about  
where to turn if you  
get ill or injured

# Student Health Service



# Tidbokning

## Typ av besök

Nybesök via telefon



## Mottagning

Alla



## Tidigast den

2023-03-10



## Senast den

2023-03-30



## Tider från och med

Alla



Sök

CGM J4

eHälsosystem

## Mån 13 Mar

### Nybesök via telefon

Claudia Bañares, Leg Psykolog

Studenthälsan i Stockholm

Universitetsvägen 2G, Stockholm

Mån 13 Mar 09:00

Välj

### Nybesök via telefon

Claudia Bañares, Leg Psykolog

Studenthälsan i Stockholm

Universitetsvägen 2G, Stockholm

Mån 13 Mar 10:30

Välj

### Nybesök via telefon

Jenny Lindblom, Kurator

Studenthälsan i Stockholm

Universitetsvägen 2G, Stockholm

Mån 13 Mar 10:30

Välj

### Nybesök via telefon

Lena Mattsson, Företagssköterska  
Med Utbildning I Psykoterapi

Studenthälsan i Stockholm

Universitetsvägen 2G, Stockholm

Mån 13 Mar 14:30

Välj

## Tis 14 Mar

### Nybesök via telefon

Studenthälsan i Stockholm

Tis 14 Mar 11:00

Skriv här för att söka

15:33  
2023-03-10



# Balance in life

- ❖ Meaningful and fun activities
- ❖ Routines for studies
- ❖ Social contacts
- ❖ Health
- ❖ Recovery



- ❖ Demands
- ❖ Stress
- ❖ Worry

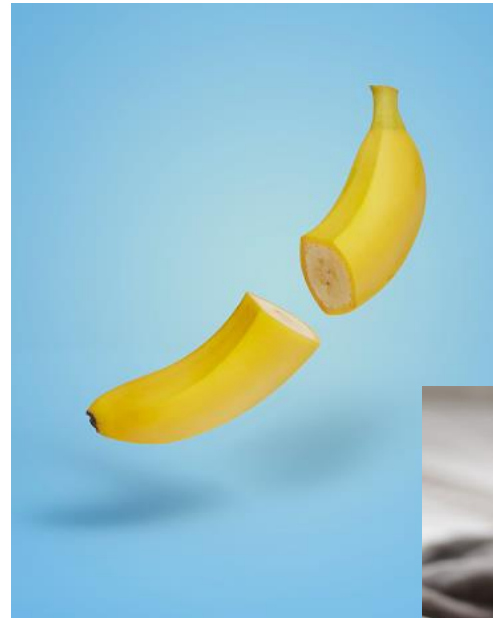
# Recovery

- ❖ Take short and longer breaks during the day.
- ❖ Stand up and move during the break.



# Health - Take care of yourself

- ❖ Physical activity
- ❖ Diet
- ❖ Sleep





# Open lectures



- A lecture about perfectionism
- Sleep workshop
- Winter blues - what is it and what can you do about it?

## Group activities

- ❖ Managing Stress and Promoting Health
- ❖ Stop procrastinating!
- ❖ Dare to speak - a group for those with public speaking anxiety
- ❖ Become a better speaker
- ❖ Physical activity



# Weekly open phone consultation

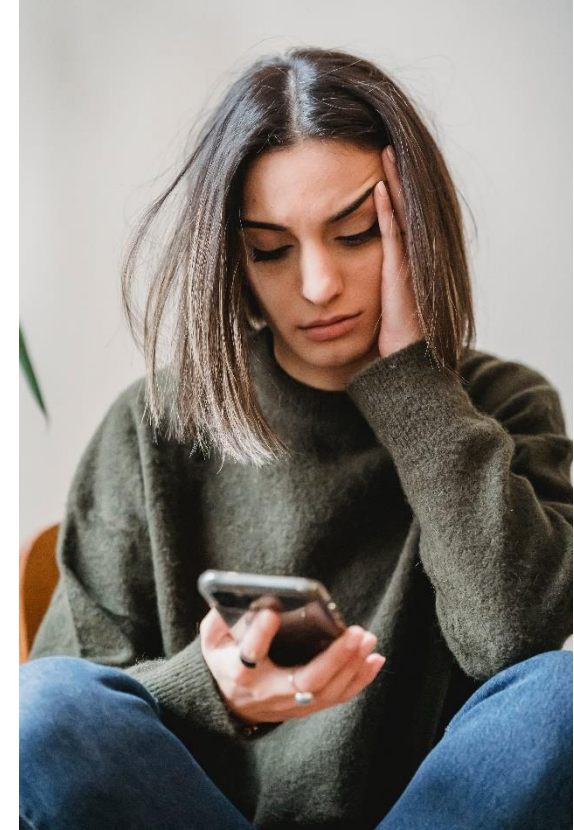
**Guidance and consulting over the phone**

**Councillor or psychologist**

Telephone hours: Thursdays 11:00-12:00

**Occupational nurse**

Telephone hours: Monday-Thursday 9:00-14:00





# Being a new student



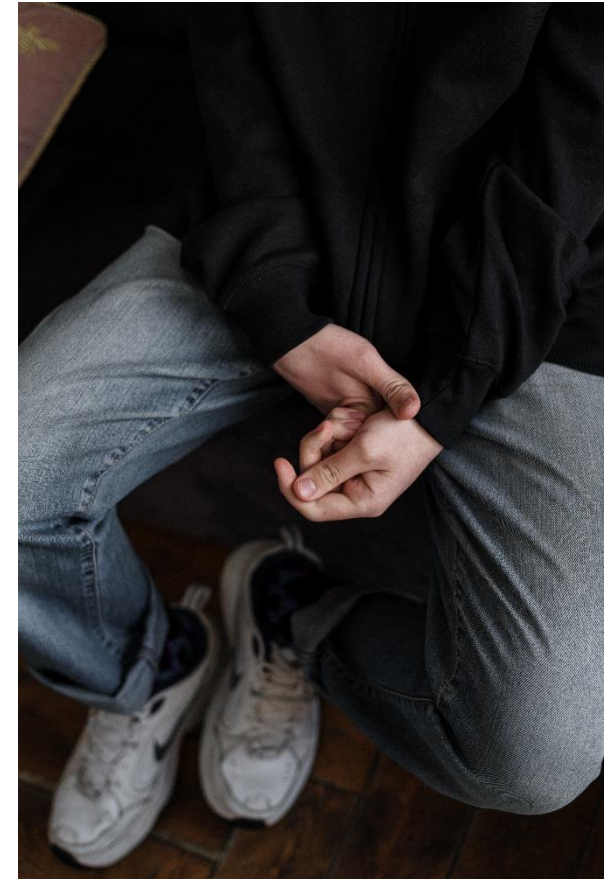
# Being a new student

- A period in life with new roles and contexts in social life.



## • Common reactions

- Stress
- Anxiety
- Sleeping problems
- Depression
- Feelings of loneliness
- Concentration problems
- Questioning the study choice
- Homesickness





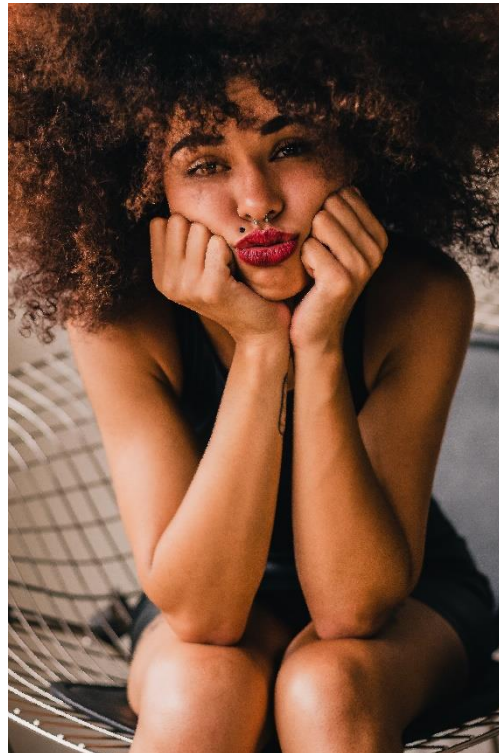
# Common thoughts and feelings

Optimistic and  
excited!

Everyone seem so  
self-assured...

You'll wonder if  
you've made the  
right decision

Overwhelm  
ed...



Anxious,  
what if everything goes  
wrong...

BAM – A health promoting project by The Association of Swedish Orchestras



## BAM - Body Art Mind

BAM - Body Art Mind finns till för att ge kulturutövare och yrkesmusiker de bästa verktygen för att nå sin fulla potential. Vi hjälper kulturutövare i alla åldrar på alla nivåer över hela landet. Detta såväl enskilt som stora grupper. Vi erbjuder insatser för exempelvis skolor och orkestrar.

# BAM - Body Art Mind

BAM är ett hälsofrämjande projekt som drivs av Sveriges Orkesterförbund med stöd av Arvsfonden. Vi fokuserar främst på områdena ergonomi, stress & prestationsångest, hörsel, målbildsträning och självkänedom.

”The goal of the project is to teach young musicians how to take care of their body and mind in their practice of music, so it becomes sustainable throughout their whole life”.

Focus areas:

- Ergonomy
- Stress
- Performance anxiety
- Self-Awareness



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Thank

You