

Creating a healthy institution

- What key things might your own institution do to promote a healthy environment for students?

- What aspects of key institutional processes might provide a high level or even unnecessary stress to students? What might be done to reduce the chance of these becoming triggers for mental distress? think of the following process:
 - application and admission

 - arrival and starting a course

 - studying

 - examinations and assessments

Illegal drugs, poor diet, lack of exercise and lack of sleep all contribute to poor mental health. How could the institution support students in living a mentally healthier lifestyle?