




Lanchester Library

You Have So Much to Gain From Taking a Break

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Library Open 24/7

You Have So Much to Gain From Taking a Break

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A Walk Down the Lane Gives Wings to Your Brain. Restorative Benefits of Rest Breaks on Cognition and Self-Control

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Summary: We investigated the effect of rest breaks on mental-arithmetic performance, examining performance as a function of the factor rest, time-on-task, and demand. We asked the following questions: (i) Does rest (vs a continuous-work condition) improve cognitive performance? (ii) Is active rest (taking a walk) better than passive rest (watching a video)? (iii) Do compensatory effects of rest increase with time-at-work? (iv) Are there differential effects of rest on automatic and controlled processes? (v) Are there differential effects of rest on performance speed versus variability? The results indicate that while rest is generally beneficial for performance, these benefits are similar for active and passive rest. The benefits increase with time-on-task and are larger for high (vs low) demand. Further, the effects on average response speed originated only partially from a reduction in the probability of attentional failure, as indicated by reaction-time (ex-Gaussian model) distributional and delta-plot analysis.

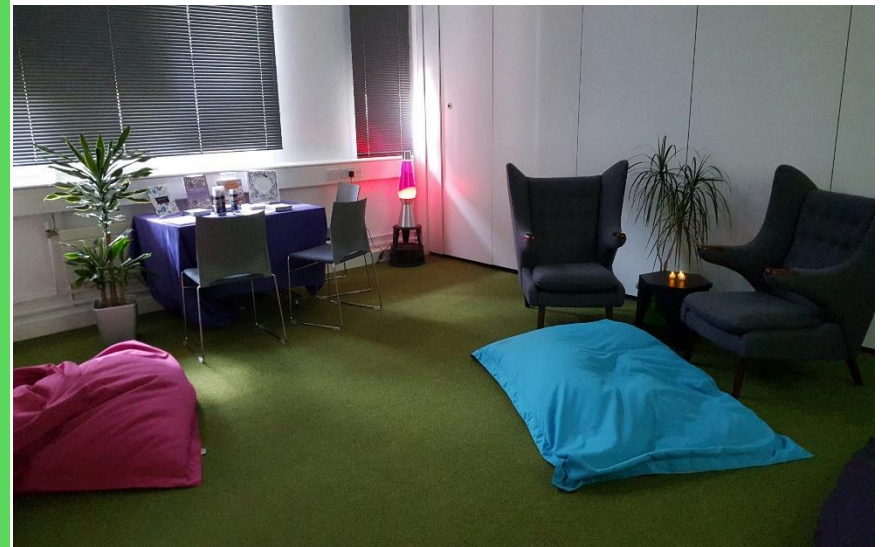
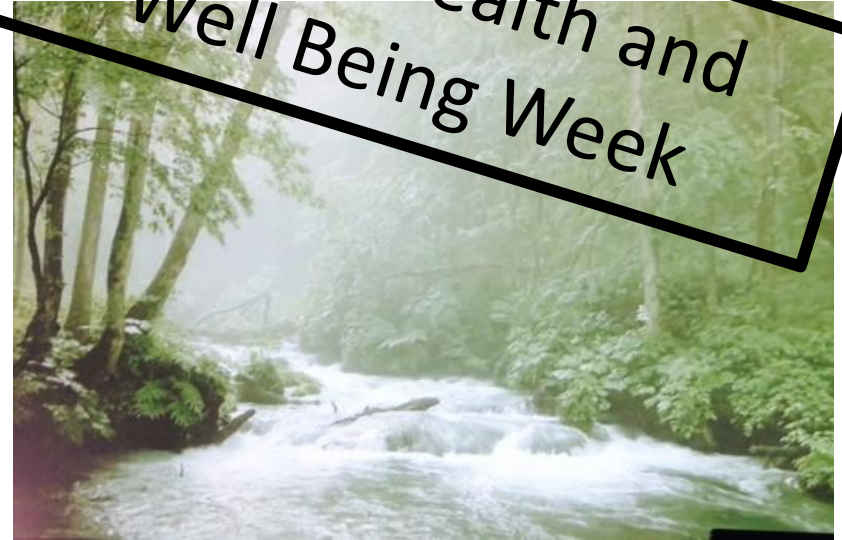
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 It is a truism that rest improves cognitive efficiency. In fact, no one today would dispute the idea that cognitive efficiency at school or at work is subject to variations which might be overcome by taking a rest in order to restore attentional resources or simply to get some distance from currently

The observed intraindividual variations in RT performance were attributed to an accumulation of refractory-phase effects originating from the permanent overuse of mental operations, and thus indicating the need for recuperation (Dodge, 1917; Poffenberger, 1928; Robinson & Bills, 1926; Weaver, 1942). On the other hand, the effects of rest breaks on performance

Mental Health & Wellbeing Week
(15th—19th February)

Library Floor 2 (Room TR 2)
CHILL OUT ROOM OPEN From 9—5pm
Come and Relax
ABSOLUTELY NO STUDYING



Did you know that colouring-in can help soothe anxiety and relieve stress?

It can also help to increase attention span, promote concentration and mindfulness and create a sense of peace.

If you want to unwind, switch off, soothe anxiety, relieve stress or just try something a bit different, choose a colouring page, and take some time out from your busy day to try this relaxing and mindful activity.



Staff Training & Self Help Booklets

‘Mind - for better mental health’

booklets can be downloaded from:

<http://www.mind.org.uk/information-support/a-z-mental-health/>

CU’s own Self Help Booklets now Available to students

Library Staff Trained as Mental Health First Aiders



Wellbeing Display on the Ground Floor

Pets As Therapy



Mental Health

&

Wellbeing Week

Being Active, Keeping Well

27th of Feb - 3rd of March

Monday

Space for silence
Weekday mornings
(Staff 8am - 10am, Students 9am - 10am)
Spirituality and Faith Yurt

Postgraduate and Staff Yoga Sessions
Spirituality and Faith Centre
Every Monday 12:15pm - 1:15pm

£1 sessions
at the University Sports
Centre all week!

Tuesday

Space for silence
Weekday mornings
(Staff 8am - 10am, Students 9am - 10am)
Spirituality and Faith Yurt

Thursday: Active Mental Health Day

Active Mental Health Fair

Find out how you can take care of your mental health, we've got colouring stalls, sports stall as well as information on how to eat well easily and where to find help.

Don't forget to bring your badges from launch week to be in with a chance of winning some of our brilliant prizes.

- Fitness tracker
- 2 X passes for "Jump In" at Warwick
- 6 X month memberships at JD Gyms

Wellbeing Tree

Spirituality and Faith

Visit our Wellbeing Tree to find out how you can help improve your mental health and be entered into a raffle to win some great prizes including:

- 5 day guest passes for Coventry Leisure Centre gym
- Free trial at Infinity Trampoline Club
- A day pass to JD Gyms

Friday

Therapy dogs
Lanchester Library
2:30pm - 4pm

For more information
go to:

www.cusu.org

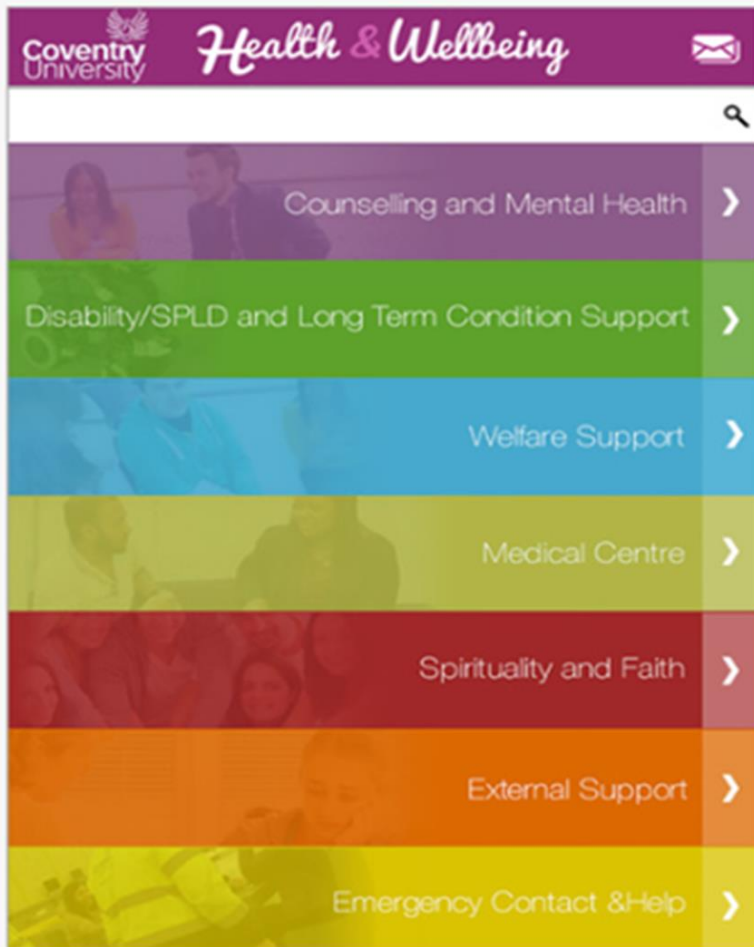
CUSU

Library, Sports Centre,
Spirituality and Faith
Centre and CUSU Staff
working together to
promote MH&WB

Mind Bus on Campus

Events promoted
through Social Media/
electronic notice
boards/ posters

CU Wellbeing App Promoted by Library Staff



In 2015 Health and Wellbeing joined up with Serious Games International to produce The Coventry University Health and Wellbeing app.

This contains information to help students to stay safe and well, including:

Interactive maps to University buildings, [the NHS Walk in Centre](#) and [Accident and Emergency](#)

Emergency contact details for the University and other helpful information including, bus and train services and telephone numbers for local taxi firms

Read and Relax Collection



Mood Boosting Books – 2nd floor



Help and Advice

The University's Counselling and mental health service.

Counsellors and Mental Health Advisers are available to help students cope more positively with any difficulties and succeed in their academic studies.

Support Available:

- Face to face individual support .
- Small group sessions for support in managing university life.
- Mental Health Advisers can offer sessions on depression, anxiety, sleep problems and more severe illness.
- Workshops – Stress Management, Dealing with Culture Shock and Homesickness, Cognitive Behavioural Therapy Sessions.
- **Online Registration and Bookings**

Owl Visit – Take A Break



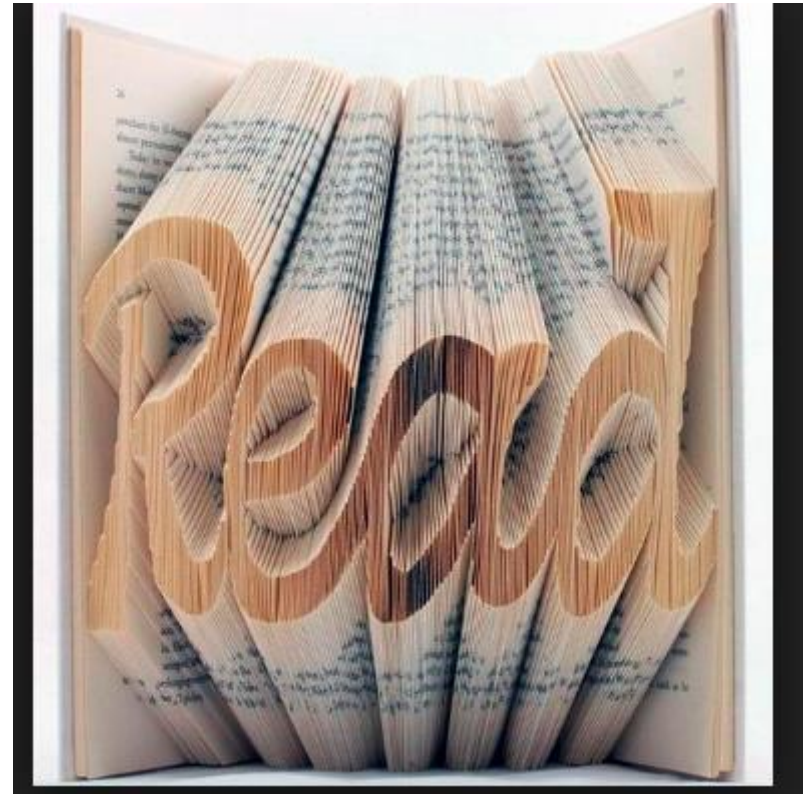
Highlights / stories from Owl Visit



Animals for Parties



Book Folding Activity



Craft Activity



Coventry Uni Library @CovUniLibrary · Mar 1

We're getting crafty today for [#YouChoose!](#) See Sharon on the ground floor to make your own owl libguides.coventry.ac.uk/youchoose



Take a Break and Community Building Future Activities?

- Afternoon Tea
- Other Craft Activities
- Board Games Night
- Silent Disco
- Share talents

- Meerkats next?

Academic Liaison Team



Thank you for Listening



Any Questions?