



Trinity College Dublin

Coláiste na Tríonóide, Baile Átha Cliath

The University of Dublin

Thriving as a Postgraduate Student

Keeping yourself healthy and well

Martina Mullin

Healthy Campus manager

Purpose

How can you
keep yourself
healthy in
Trinity?



What is health?

Margarine advertisement

On the screen:

- How can you tell someone is healthy?
- Can you be healthy if you're in a wheelchair?
- Can someone with cancer be healthy?



What is Health?

Health is a state of complete physical, mental and social well-being and not just the absence of disease

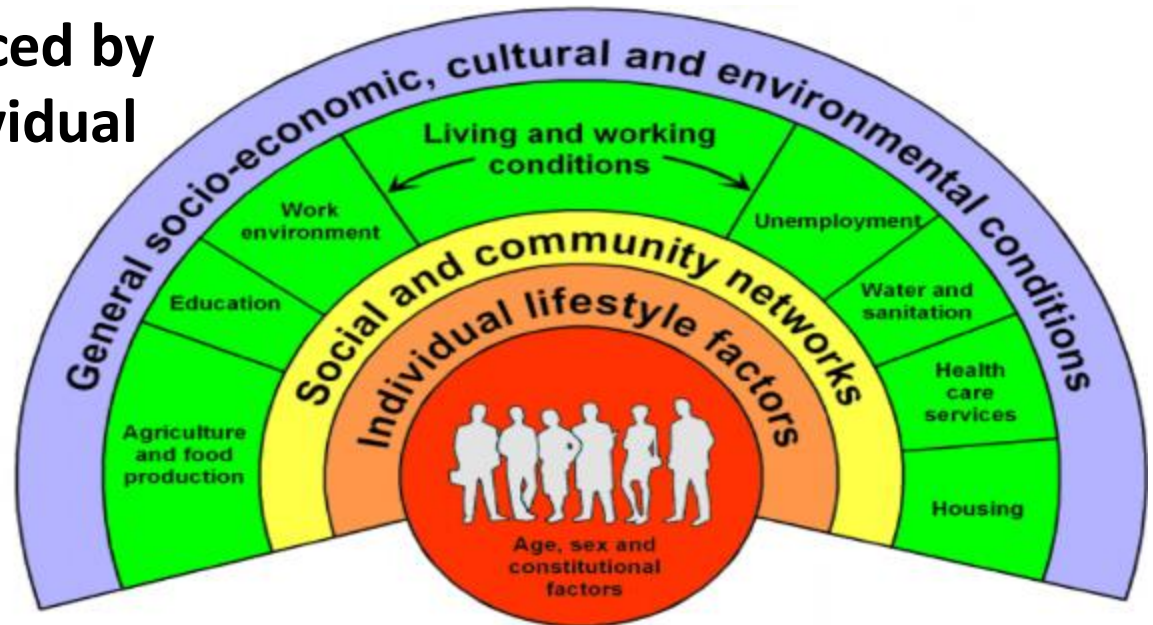
WHO (1946)

- How did we do on the previous slide?



What makes us healthy?

N.B. Health is influenced by much more than individual choices



Source: Dahlgren and Whitehead, 1991

Today let's focus on what's in Trinity to support your health

Healthy Trinity

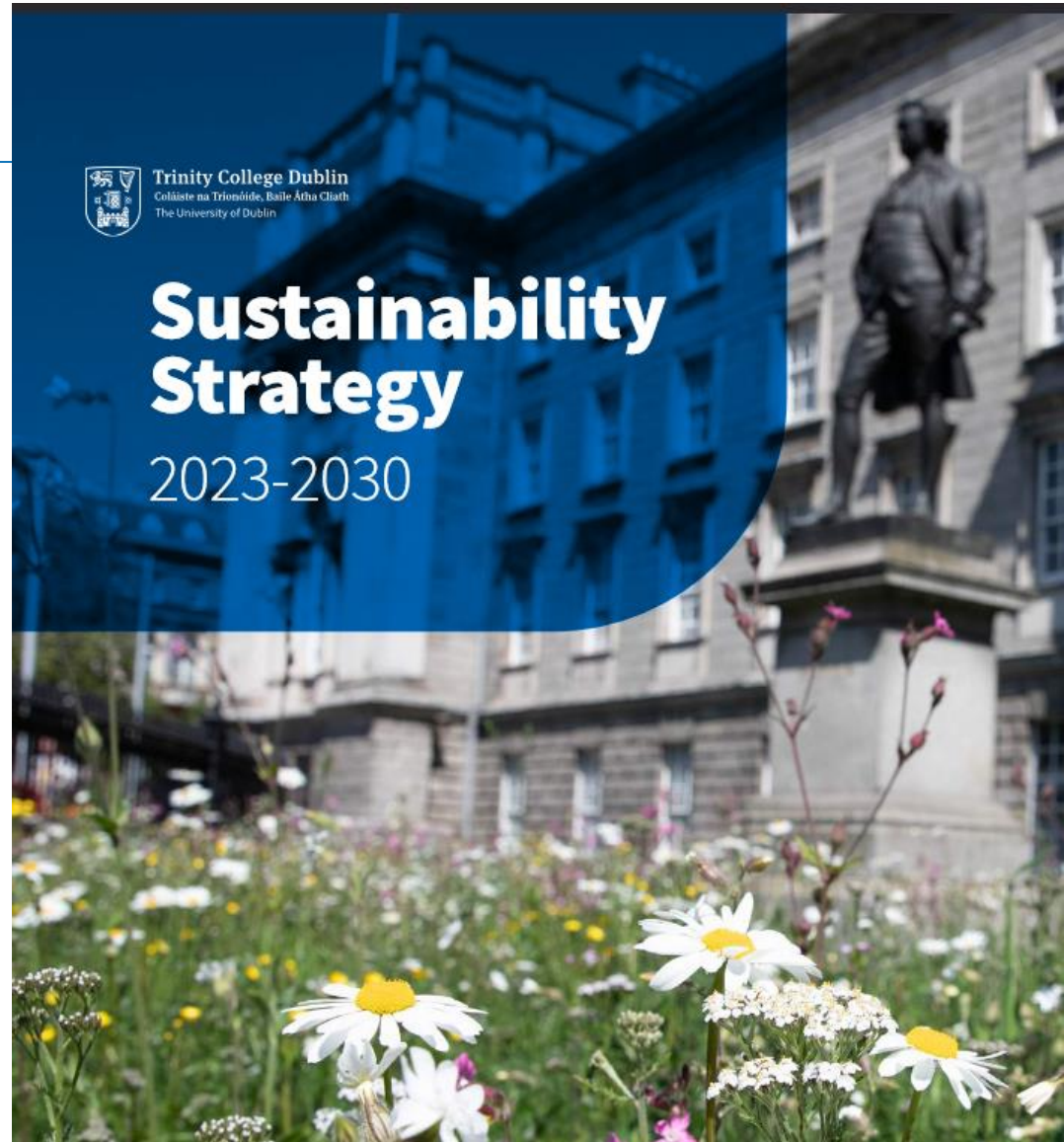
My role is the operational lead of the Healthy Trinity initiative - a cross Trinity initiative with nine working groups and over 100 partners across campus.

Students welcome to contribute through:

- Working groups, assignments, ambassador programme, other.



- Net Zero Emissions
- Nature Positive
- Healthy Trinity



What should you do to thrive in Trinity?

Food

Physical
Activity

Mental
Health

Tobacco

Sexual
Health

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Food - Question

How do you know if a food is healthy?

- What's "healthy" in these pictures?
- What's "unhealthy"?



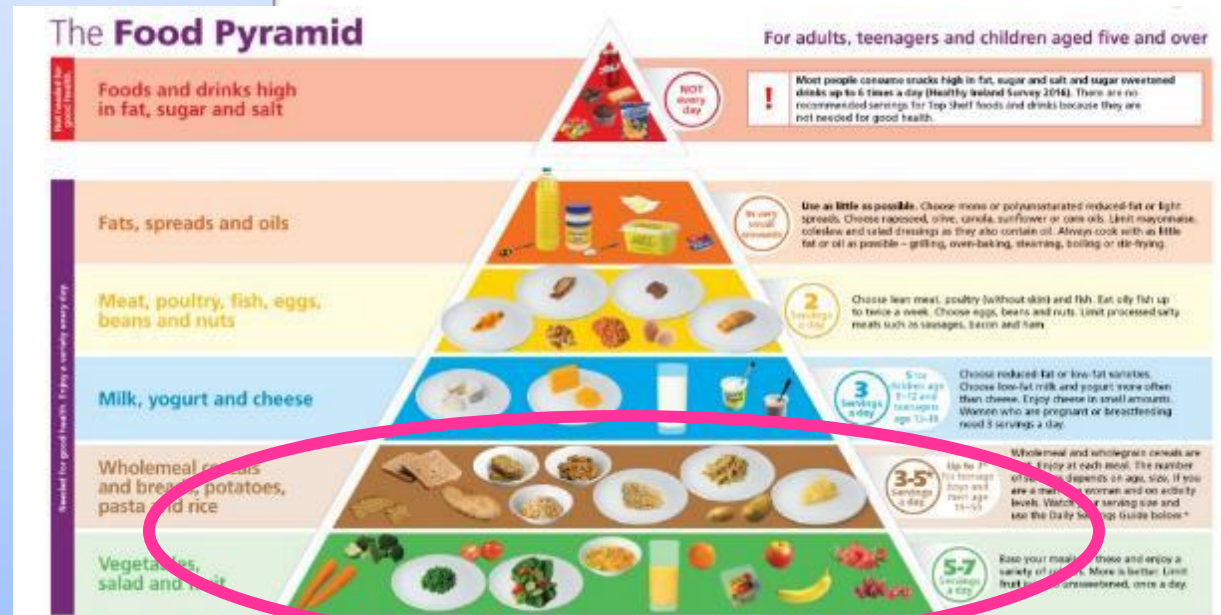
Ambivalence and certainty

Cup method

Colourful

Unprocessed

Portion size



What should I eat?

Science tells us

- Colourful
- Unprocessed
- Portion size

Art tells us

- Taste
- Food and mood
- Cook your own

Ethics tells us:

- Local/seasonal
- Organic/non-GMO
- Fair
- Packaging

Lifestyle tells us

- Affordable
- Timely
- Social

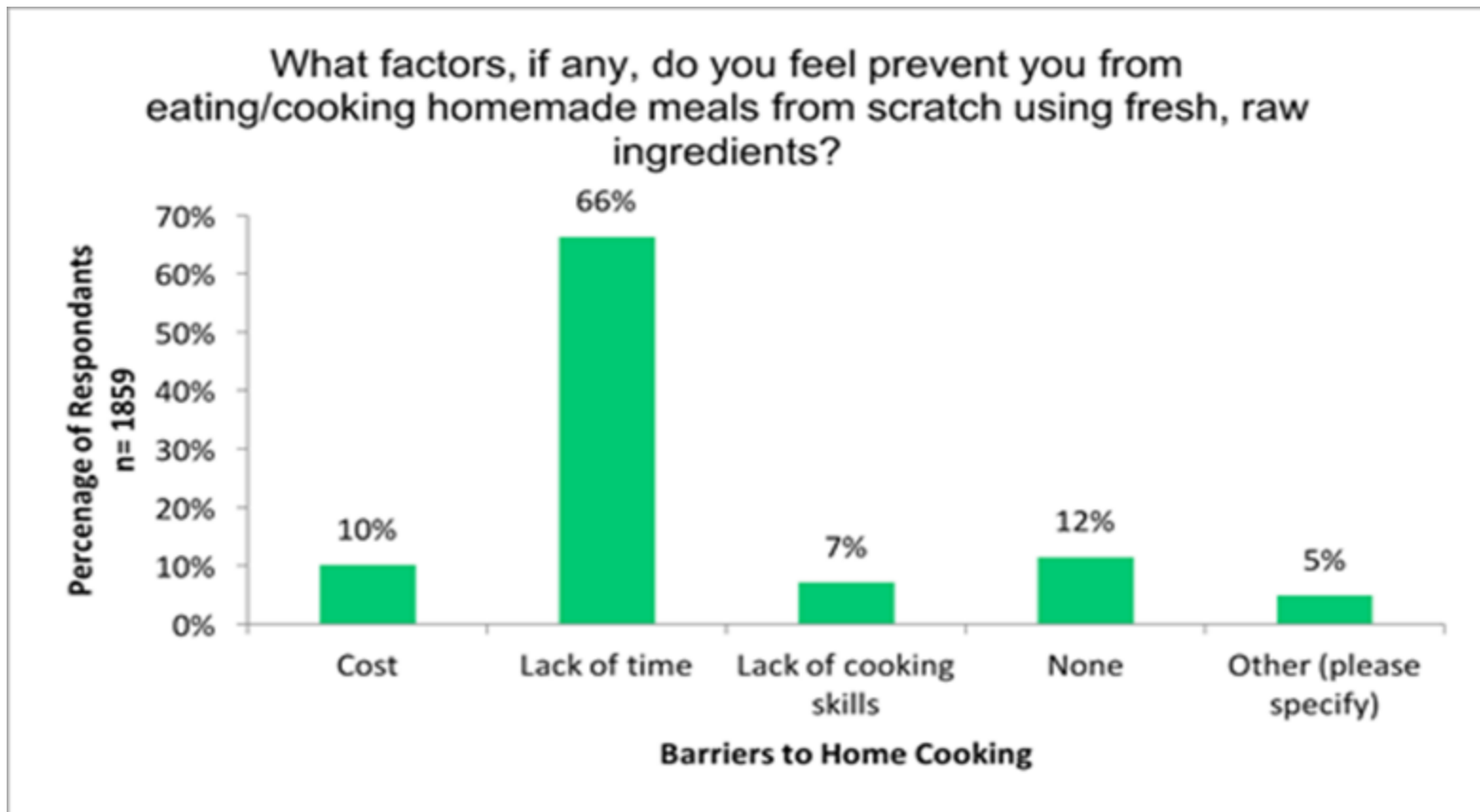
Drink 8 cups of water each day

Bí cliste, ól uisce

Achieving UN Sustainable
Development Goals



What stops Trinity students from eating healthy? – 2017 survey



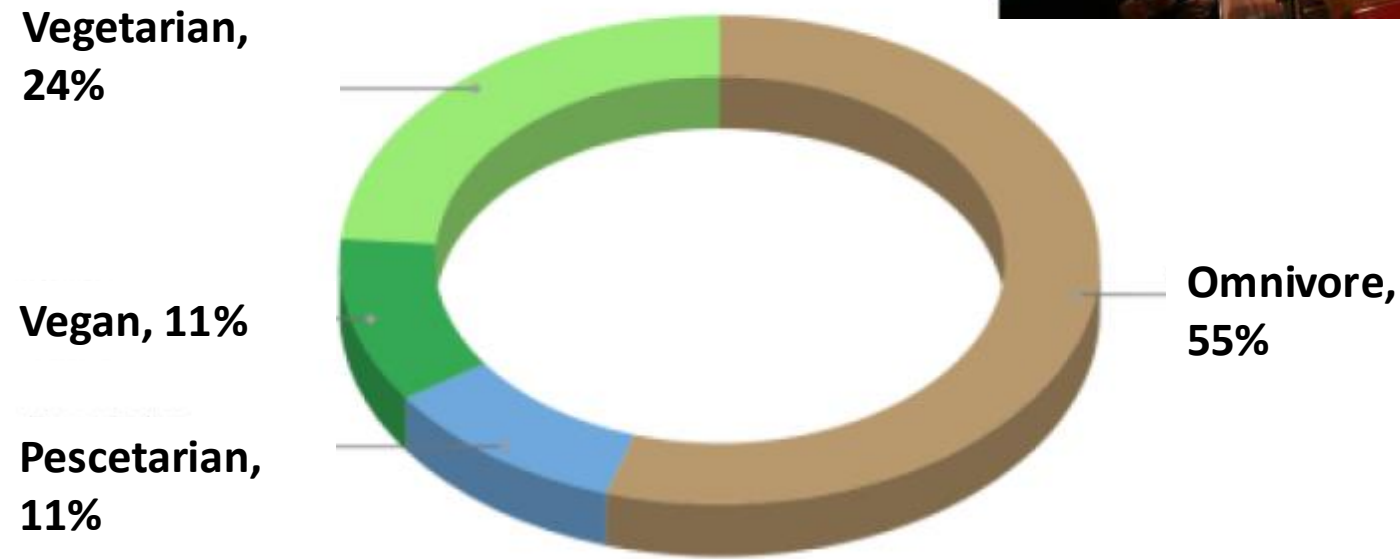
What's the one nutrient Irish people lack?

Hundreds of academics call for 100% plant-based meals at UK universities

Open letter backs student-led campaign for vegan catering to fight climate crisis



Diet types of Trinity Students n=1620



Get Organised – www.tcd.ie/healthytrinity/nutrition

On the Healthy Trinity website can you:

Identify a place you can eat your own lunch on campus?

The screenshot shows the website www.tcd.ie/healthytrinity/nutrition/ with a 90% completion indicator and a star icon. The main heading is "Healthy Eating in Trinity". Below this, a paragraph states: "Healthy Trinity recommends whole foods, lots of fruit and vegetables. At least half of every plate should be colour! The links below lead to resources to help you eat well." There are eight resource cards, each with an image and a right-pointing arrow:

- Local Food Mural**: Image of various fruits and vegetables.
- Trinity Restaurants on Campus**: Image of people dining in a restaurant.
- Bring your own food to campus**: Image of a large building on a green lawn.
- Recipes by Trinity Students**: Image of a bowl of soup.
- Looking for Foodie Friends?**: Image of a plate with a fork and a leaf.
- Water on Campus - Sustainability Map**: Image of water splashing with the text "Have you had your 2 litres today?".
- Staff Restaurants on Campus**: Image of a dining room with tables and chairs.
- Disordered Eating Blog**: Image of a building on a lawn with a yellow object in the foreground.

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Physical Activity Recommendations

Does anyone know how much exercise you're supposed to do a week?











Get Organised – www.tcd.ie/healthytrinity/living

On the Healthy Trinity website can you:
How many social leagues are there in Trinity?

[/www.tcd.ie/healthytrinity/living/](http://www.tcd.ie/healthytrinity/living/) 90% ☆

Being Physically Active in Trinity

The best exercise is one that you will do. There are numerous ways to be physically active in Trinity. The links below will take you to the Trinity Sport website and to other resources on campus that will support you to be physically active.

 Trinity Sport →	 Classes and courses →	 Sports Clubs in Trinity →	 Social Walk/Jog/Run Group →
 Active Breaks →	 Social Leagues →	 Social Challenges →	 Mind Body Boost →

Exercise (for non-sporty students!)

30 minutes a day is all you need... and move all day

Walk

Get a bike

7 minute workouts

Couch to 5k programmes

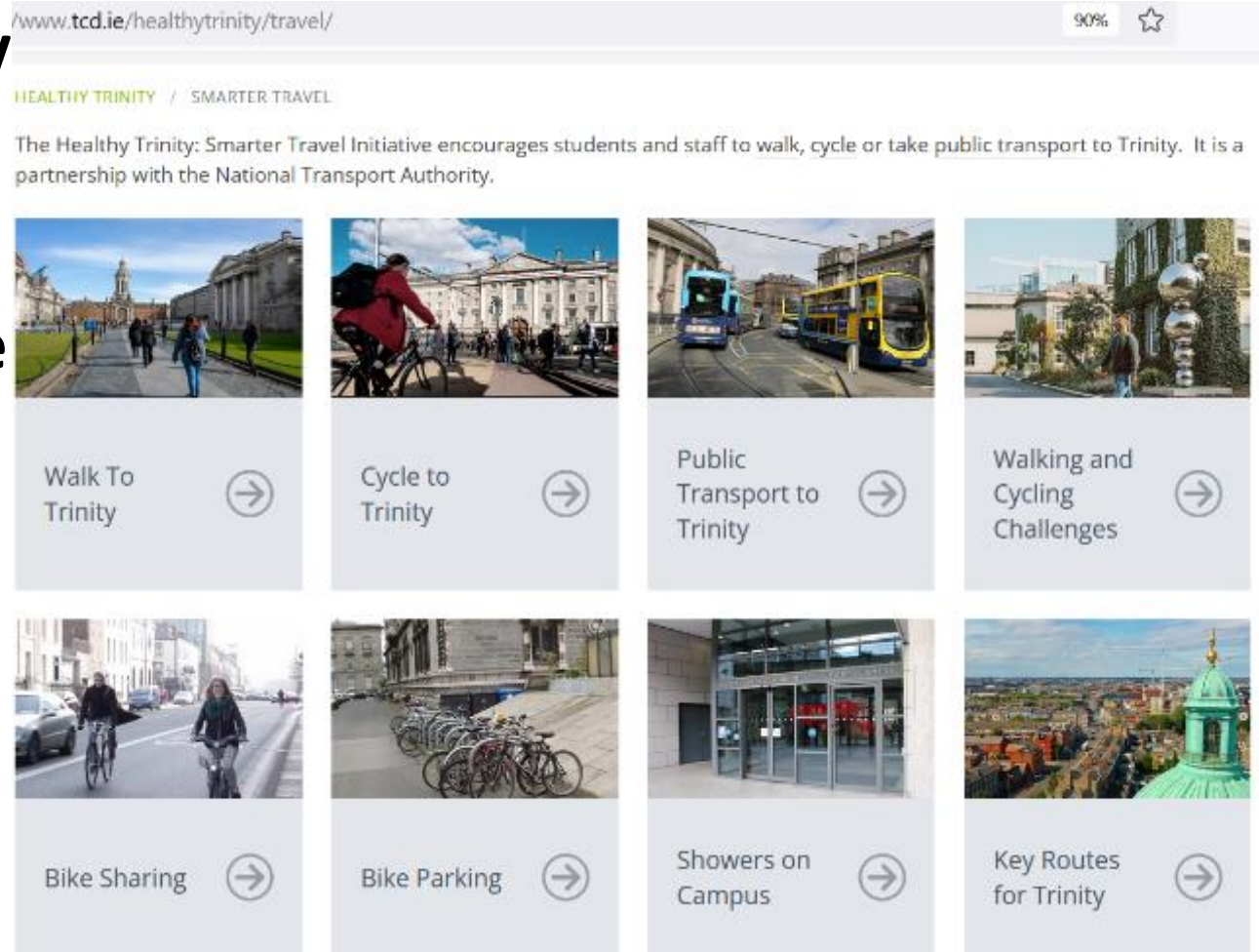
Take the stairs

What exercise are you most likely to keep doing, even approaching deadlines?

Get Organised – www.tcd.ie/healthytrinity/travel

On the Healthy
Trinity website
can you:

Find what type
of bike sharing
Trinity has?



The screenshot shows the website www.tcd.ie/healthytrinity/travel/ with a 90% zoom level. The page title is "HEALTHY TRINITY / SMARTER TRAVEL". The main heading reads: "The Healthy Trinity: Smarter Travel Initiative encourages students and staff to walk, cycle or take public transport to Trinity. It is a partnership with the National Transport Authority." Below this are eight interactive cards, each with a representative image and a right-pointing arrow icon:

- Walk To Trinity**: Image of a pedestrian path on a university campus.
- Cycle to Trinity**: Image of a person riding a bicycle on a city street.
- Public Transport to Trinity**: Image of a blue and yellow double-decker bus.
- Walking and Cycling Challenges**: Image of a person walking past a large silver sculpture.
- Bike Sharing**: Image of two people riding bicycles on a city street.
- Bike Parking**: Image of several bicycles parked in a designated area.
- Showers on Campus**: Image of a modern building entrance with glass doors.
- Key Routes for Trinity**: Image of a cityscape featuring a prominent green dome.

Dublin Bikes



SUBSCRIPTION OPTIONS

Whether you are a regular cyclist or an occasional user, choose a subscription option that works for you.

STUDENT ANNUAL SUBSCRIPTION

With a valid student photo ID you can purchase an Annual Subscription for just €20. This will allow you rent bikes 365 days a year. The first 30 minutes of each journey is free, after this rental charges apply.

€20

**CHOOSE THIS
SUBSCRIPTION OPTION**

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Question to the group

What is the primary protective factor from crises consistently recognised in both research and evidence based practice

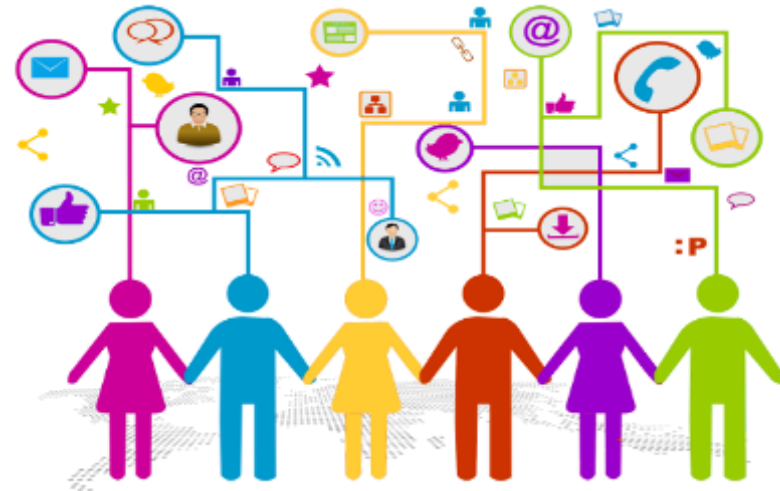
HSE Guidance Document 2014



Social supports

The primary protective factor consistently recognised in both research and evidence based practice is that of **social supports**.

- Buffer the effects of stress
- Can reduce the prevalence of distress and psychological symptoms, including depression and anxiety
- Lack of social support proved to be one of the strongest risk factors for PTSD
- Generally, Social isolation associated with:
depression, anxiety, schizophrenia, suicide, dementia, Alzheimer's disease



Get Organised – www.tcd.ie/students/clubs-societies/

On the Student Life website can you:

In pairs, choose a club or society you would never normally join?

TCD Sports Clubs

Whether you're a recreational athlete or an elite competitor, there's a club to suit everybody. Choose from 50 sports clubs in a range of disciplines. Get fit, stay active, and meet people outside the classroom!

JOIN NOW



TCD Societies

Trinity's 120 societies attract dynamic members from all over university. From arts, culture, politics and debating to gaming, advocacy and music, you're sure to find your niche.

GET INVOLVED

Managing your own mental health

How you can support your own mental health

You should always seek help if you need it. See the services section on this page for details of Trinity's services. And no matter how your mental health is, self- management of mental health is an important part of every day.



Physical
Activity



Study
management



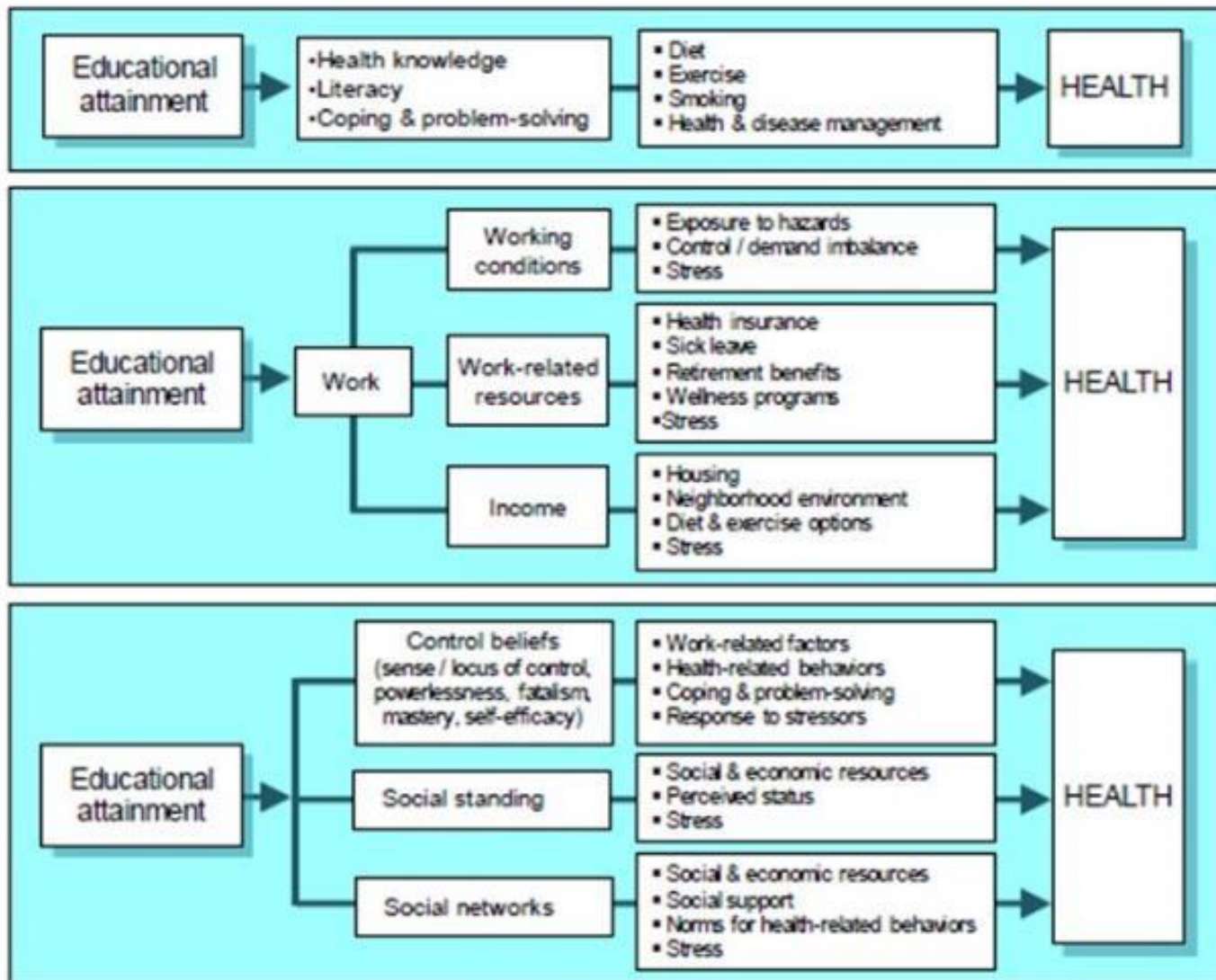
Mindfulness
and
meditation



Food and
Mood



Education is to the brain, what exercise is to the body



Get Organised –

<https://www.tcd.ie/healthytrinity/mentalhealth/>

How friends and social networks support mental health

Being socially connected is the most important buffer for mental health in times of stress. And people with good social networks live longer. Clubs and societies are open to new members all year round.

On the Healthy Trinity website can you:

How many levels of mental health supports does Trinity provide?

PLEASE, ask for help if you need it.



Making friends



Joining a society



Meeting people through physical activity



S-2-S



Global room



Ability co-op



TCD Sense - Social Spaces

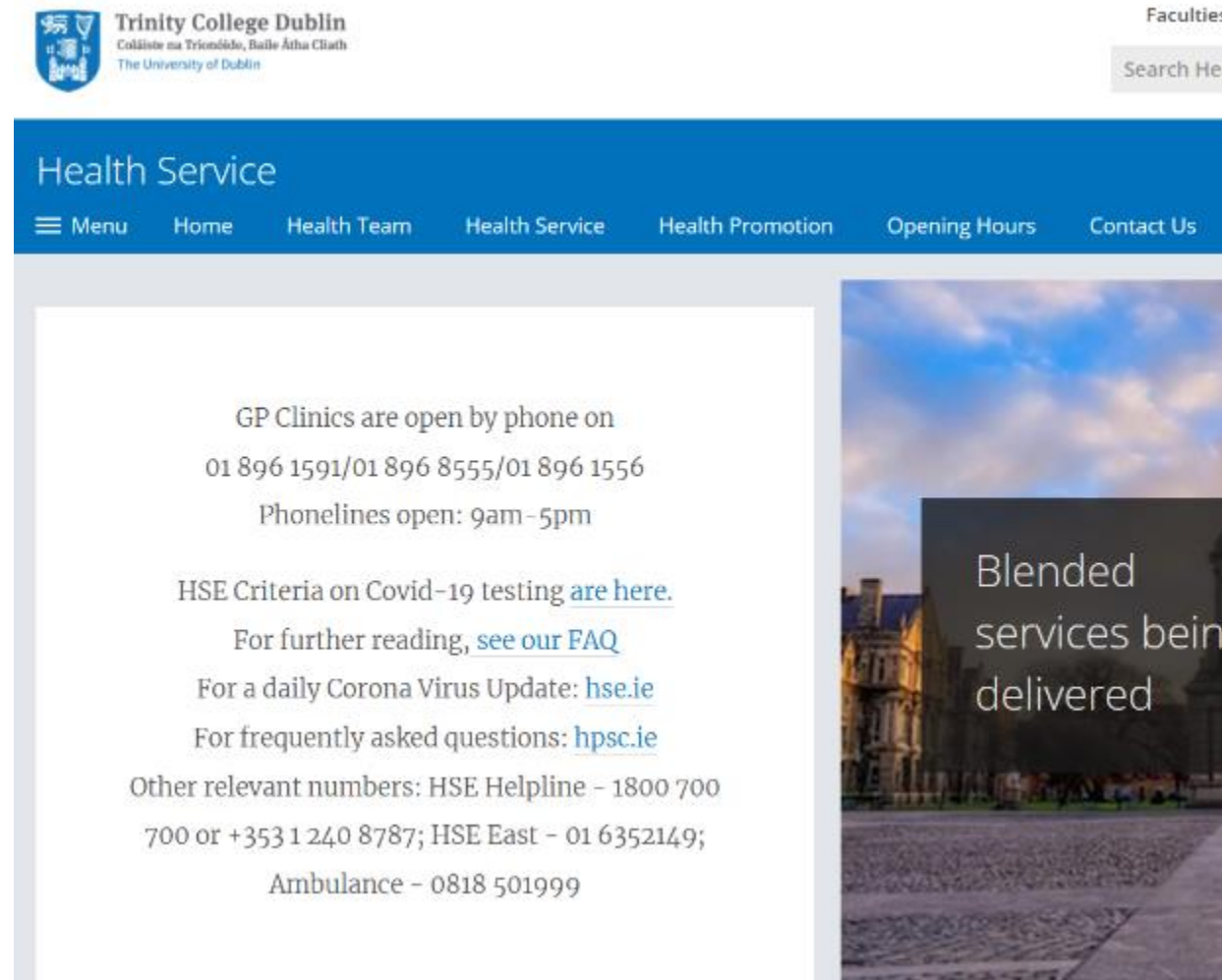


Get Organised – www.tcd.ie/collegehealth

On the College Health website can you:

Figure out how to book an appointment for mental health?

PLEASE, ask for help if you need it.



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin

Health Service

Menu Home Health Team Health Service Health Promotion Opening Hours Contact Us

GP Clinics are open by phone on
01 896 1591/01 896 8555/01 896 1556
Phonelines open: 9am - 5pm

HSE Criteria on Covid-19 testing [are here](#).
For further reading, [see our FAQ](#)
For a daily Corona Virus Update: hse.ie
For frequently asked questions: hpsc.ie

Other relevant numbers: HSE Helpline - 1800 700 700 or +353 1 240 8787; HSE East - 01 6352149;
Ambulance - 0818 501999

Blended services being delivered

Get Organised –

<https://www.tcd.ie/healthytrinity/mentalhealth/>

How friends and social networks support mental health

Being socially connected is the most important buffer for mental health in times of stress. And people with good social networks live longer. Clubs and societies are open to new members all year round.

On the Healthy Trinity website can you:

Identify how many steps are in student counselling's stepped care model?

PLEASE, ask for help if you need it.



Making friends →



Joining a society →



Meeting people through physical activity →



S-2-S →



Global room →



Ability co-op →



TCD Sense - Social Spaces →

College Health

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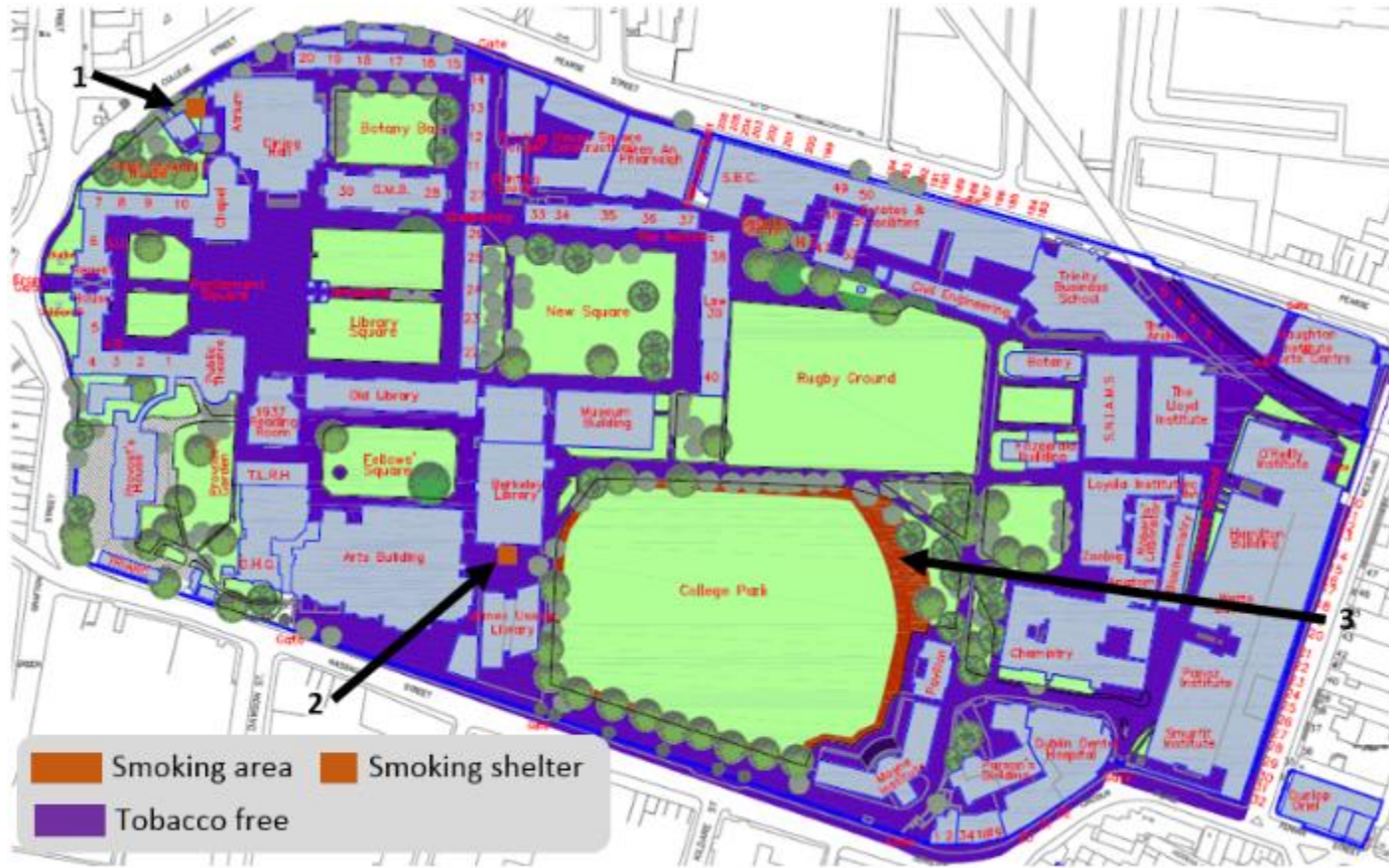
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Tobacco – Trinity is a tobacco free campus



Ongoing support to quit

50% of smokers in Trinity start at >18 years of age.

Will you start smoking in Trinity?

Vaping on campus

Show of hands

Should vaping be allowed outdoors on campus?

Disposable vapes to be banned by government



Get Organised –

<https://www.tcd.ie/healthytrinity/smoking/>

Tobacco Free Trinity

Trinity is a tobacco free campus. We aim to support people who don't smoke by asking people not to smoke indoors and outdoors on Trinity's College Green campus.



Stop Smoking Courses



Tobacco Free Trinity



Smoking and the Environment



Social Smoking



Resources to Quit



Encouraging adherence to Tobacco Free Trinity



Why Tobacco Free?



The Tobacco Free Trinity Consultation



On the Healthy Trinity website can you:

Find where the smoking area are on campus?

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HSE Free Contraception Scheme

College Health delivers the HSE Free Contraception scheme to

- PPS holders
- Age 17-35

The Coil, the Pill, Implanon

Book online



Click image to see tik tok

College Health

Open 9am-5pm

Emergency clinics

- For UTIs, eye infection, mental health crises medical emergencies, not routine e.g. prescription renewal
- Morning: Phone at 9am to book
- Afternoon: Phone at 12pm to book

Routine appointments

- **Two week waiting list**



Get organised -

<https://www.tcd.ie/healthytrinity/sexual-health/>

On the Healthy Trinity website can you:

Find where you can book free contraception?

Sexual Health on Campus



Free Condoms



Sexual Health Clinic



SH:24 Home STI Kits



Thank you and stay in touch with Healthy Trinity



@HealthyTrinity
Dublin



@TCDHealthP

Email:
health.promotion@tcd.ie