

Reference list

Alchemer LCC (2021). *How to Write Gender Questions for a Survey*. [online] Alchemer. Available at: https://www.alchemer.com/resources/blog/how-to-write-survey-gender-questions/#:~:text=When%20asking%20about%20sex%20as,and%20trans*%20should%20be%20used. [Accessed 17 Nov. 2023].

Arslan, G. (2023). My inner perfectionist and nasty side! Self-compassion, emotional health, and subjective well-being in college students. *Personality and Individual Differences*, 210(210), p.112232. doi:<https://doi.org/10.1016/j.paid.2023.112232>.

Barrell, A. (2020). *5 effective breathing exercises for anxiety*. [online] www.medicalnewstoday.com. Available at: <https://www.medicalnewstoday.com/articles/breathing-exercises-for-anxiety> [Accessed 5 Nov. 2023].

Bhat, A. (2018). *Top 10 Likert Scale Examples for your next survey! | QuestionPro*. [online] QuestionPro. Available at: <https://www.questionpro.com/blog/likert-scale-examples/> [Accessed 17 Nov. 2023].

British Educational Research Association (2018). *Ethical Guidelines for Educational Research, fourth edition (2018)*. [online] Bera.ac.uk. Available at: <https://www.bera.ac.uk/publication/ethical-guidelines-for-educational-research-2018> [Accessed 5 Oct. 2023].

Brown, B., Nagoski, E. and Nagoski, A. (2020). *Brené with Emily and Amelia Nagoski on Burnout and How to Complete the Stress Cycle*.

[online] Brené Brown. Available at: <https://brenebrown.com/podcast/brene-with-emily-and-amelia-nagoski-on-burnout-and-how-to-complete-the-stress-cycle/> [Accessed 1 Aug. 2023].

Bunting, L. and Hill, V. (2023). *Belonging Through Compassion*. [online] Available at: <https://belongingthroughcompassion.myblog.arts.ac.uk/> [Accessed 25 Sep. 2023].

Bunting, L., Hill, V. and Riggs, G. (2020). *Belonging in Higher Education - Interrogating Spaces*. [online] [interrogatingspaces.buzzsprout.com](https://interrogatingspaces.buzzsprout.com.683798/4671476-belonging-in-higher-education). Available at: <https://interrogatingspaces.buzzsprout.com/683798/4671476-belonging-in-higher-education> [Accessed 12 Oct. 2023].

Decimal Directory (n.d.). *Is 0.1 greater than 0.11?* [online] decimal.info. Available at: <https://decimal.info/which-is-greater/is-0.1-greater-than-0.11.html> [Accessed 3 Dec. 2023].

Education, P. (2023). *Question Bank: Student Check-ins I Panorama Education*. [online] go.panoramaed.com. Available at: <https://go.panoramaed.com/question-bank-student-check-ins> [Accessed 11 Nov. 2023].

El Ansari, W. and Stock, C. (2010). Is the Health and Wellbeing of University Students Associated with their Academic Performance? Cross Sectional Findings from the United Kingdom. *International Journal of Environmental Research and Public Health*, 7(2), pp.509–527. doi:<https://doi.org/10.3390/ijerph7020509>.

Flethcer, J. (2022). *4-7-8 breathing: How it works, benefits, and uses*. [online] www.medicalnewstoday.com. Available at: [https://](https://www.medicalnewstoday.com)

www.medicalnewstoday.com/articles/324417#what-is-it [Accessed 5 Nov. 2023].

Frampton, N., Smithies, D., Smith-Thompson, M. and Maughan, C. (2021). *University Mental Health: Life in a Pandemic Listening to higher education communities throughout 20/21*. [online] Student Minds. Available at: <https://www.studentminds.org.uk/lifeinapandemic.html> [Accessed 3 Nov. 2023].

Hands-On Meditation (2020). *4-7-8 Calm Breathing Exercise - Relaxing Breath Technique | Hands-On Meditation*. [online] www.youtube.com. Available at: <https://www.youtube.com/watch?v=1Dv-ldGLnIY> [Accessed 12 Nov. 2023].

Hive (n.d.). *10 Wellbeing Survey Questions to Support a Healthy Workforce*. https://www.hive.hr/lp/employee-wellbeing-surveys/?campaignid=19569592923&adgroupid=144877657363&adid=645078196047&utm_term=wellbeing%20survey&utm_campaign=Employee+Wellbeing+lead+magnet+campaign+-+Jan+2023&utm_source=adwords&utm_medium=ppc&hsa_src=g&hsa_cam=19569592923&hsa_ver=3&hsa_kw=wellbeing%20survey&hsa_grp=144877657363&hsa_tgt=kwd-1685763844&hsa_acc=6945960886&hsa_ad=645078196047&hsa_net=adwords&hsa_mt=b&gad=1&gclid=CjwKCAiA6byqBhAWEiwAnGCA4NDex-Zulem9HOZ9M4a5K6DGG0qiP7YZg7df69tAIH RTPBN0r9P9jRoC7UMQAvD_BwE.

Kara, H. (2022). *Embodied Data Analysis*. [online] www.youtube.com. Available at: <https://www.youtube.com/watch?v=k79AWH59JpQ>

[Accessed 4 Dec. 2023].

McLeod, S. (2017). *The Milgram experiment*. [online] Simply Psychology. Available at: <https://www.simplypsychology.org/milgram.html> [Accessed 19 Oct. 2023].

McNiff, J. (2020). *Action research for professional development*. [online] jeanmcniff.com. Available at: <https://www.jeanmcniff.com/ar-booklet.asp> [Accessed 30 Sep. 2023].

Mungus MPA, R. and Silverman, PhD MT-BC, M.J. (2014). Immediate effects of group based wellness drumming on affective states in university students. *The Arts in Psychotherapy*, [online] 41(3). Available at: <https://www.sciencedirect.com/science/article/pii/S0197455614000537> [Accessed 11 Oct. 2023].

Neff, K. (2013). *The space between self-esteem and self compassion: Kristin Neff at TEDxCentennialParkWomen*. YouTube. Available at: <https://www.youtube.com/watch?v=lvTZBUSplr4>.

Patience, A. (2008). The Art Of Loving In The Classroom : A Defence Of Affective Pedagogy. *Australian Journal of Teacher Education*, [online] 33(2). doi:<https://doi.org/10.14221/ajte.2008v33n2.4>.

Pence Wolfe, C., Thompson, I.A. and Smith Adcock, S. (2012). *Wellness in Counselor preparation: Promoting Individual Wellbeing*. [online] Available at: https://d1wqtxts1xzle7.cloudfront.net/52582653/Scholarship-Pub-2012-JIP-Wellness_in_Counselor_Prep-libre.pdf?1491925892=&response-content-disposition=inline%3B+filename%3DWellness_in_Counselor_Preparation_Promot.pdf&Expires=1698703189&Signature=WMR~bahAXJQyTZnTI

-vhRKFANtjDLI~myqgn3gaF346dFR-
PAOaPlehSqDGh25ENxPp-65xuNodREUzVVMLPup-
ymoG2z1inRRw0P9x5fCWFluVUe7ENdPJd8ib9cBMCbQOnjt84neZ2C5
IZJPZO kOOgRik9vhvzhMX1WJf0MJymvMgrPb5fKBIX9kN5HH4HdimO~
6YxoZxL7O-E0clUSrtu38zHY17HXx2ijdmpPGPRYm9ihpLQGwPV-
cqNrpofURX4Fymjl3t3G1wzsGWM88kilN9SnbrBu1pU7WcCJSPoYEA-
wi9RkncnJOd3-jHTsFWX49hQiVRO89KBEZytnQ__&Key-Pair-
Id=APKAJLOHF5GGSLRBV4ZA [Accessed 30 Oct. 2023].

Steuer, N. and Marks, N. (2008). *University Challenge: Towards a wellbeing approach to quality in higher education*. [online] *neweconomics.org*. United Kingdom: new economics foundation. Available at: https://neweconomics.org/uploads/files/176e59e9cc07f9e21c_qkm6iby2y.pdf [Accessed 27 Sep. 2023].

Sunnybrook Hospital (2020). *Box Breathing Relaxation technique: How to Calm Feelings of Stress or Anxiety*. YouTube. Available at: <https://www.youtube.com/watch?v=tEmt1Znux58> [Accessed 12 Nov. 2023].

Surveyplanet (2022). *SurveyPlanet*. [online] SurveyPlanet. Available at: <https://blog.surveyplanet.com/likert-scale-how-to-interpret-the-results-of-a-satisfaction-survey-scale> <https://blog.surveyplanet.com/likert-scale-how-to-interpret-the-results-of-a-satisfaction-survey-scale> [Accessed 27 Nov. 2023].

SurveySparrow (2021). *What is a Likert Scale / 4 Expert Tips for Creating a Likert Scale*. YouTube. Available at: <https://www.youtube.com/watch?v=muYzcuQoyds> [Accessed 26 Nov. 2023].

Take a Deep Breath (2021). *Box Breathing Exercises / Longer Exhale to*

Reduce Stress and Anxiety / TAKE A DEEP BREATH. [online] [www.youtube.com](https://www.youtube.com/watch?v=vtXQrdsVysg). Available at: <https://www.youtube.com/watch?v=vtXQrdsVysg> [Accessed 12 Nov. 2023].

Thames, B.J. (n.d.). *NASD - Stress Management for the Health of It.* [online] [nasdonline.org](https://nasdonline.org/1445/d001245/stress-management-for-the-health-of-it.html#:~:text=In%20addition%2C%20medical%20research%20estimate). Available at: <https://nasdonline.org/1445/d001245/stress-management-for-the-health-of-it.html#:~:text=In%20addition%2C%20medical%20research%20estimate> s [Accessed 21 Jan. 2024].

Typeform (n.d.). *How to analyse survey data without a PhD in math.* [online] Typeform. Available at: https://www.typeform.com/surveys/survey-data-analysis/?_gl=1*m5kjf3*_up*MQ..&gclid=EAlaIQobChMlvLbd2t7hggMVGOTtCh21BARMEAYASAAEgKUCvD_BwE&gclsrc=aw.ds&tf_campaign=UK-Generic-Survey-English-Desktop-Equeco_17289059910&tf_source=google&tf_medium=paid&tf_content=136711959586_674465275578&tf_term=likens+scale [Accessed 26 Nov. 2023].

UCL (2018). *Online Psychoeducational and Cognitive Behavioural Therapy (CBT) Programmes.* [online] UCL Human Resources. Available at: <https://www.ucl.ac.uk/human-resources/health-wellbeing/learning/online-psychoeducational-and-cognitive-behavioural-therapy-cbt-programmes> [Accessed 12 Oct. 2023].

Universities UK (2023). *The Concordat to Support Research Integrity.* [online] Universities UK. Available at: <https://www.universitiesuk.ac.uk/topics/research-and-innovation/concordat-support-research-integrity>

[Accessed 4 Nov. 2023].

Wall Street Journal (2015). *Chinese Students Try to Rest Eyes With Massage*. [online] www.youtube.com. Available at: https://www.youtube.com/watch?v=3zxM0wJe_gs [Accessed 7 Nov. 2023].

Widdowson, R. (2000). *Head Massage*. London: Hamlyn.

World Health Organization (2022). *Self-care Health Interventions*. [online] www.who.int. Available at: <https://www.who.int/news-room/fact-sheets/detail/self-care-health-interventions> [Accessed 1 Nov. 2023].