

## Creation of a relaxation area on Frenchay

### The Union Knows

- There is currently no permanent space on campus specifically intended for relaxation.
- According to a student survey carried out in 2013 65% of students feel stressed.<sup>2</sup>
- The problem is increasing year on year with counselling services struggling to cope with the increase in demand.<sup>3</sup>
- Mediation, naps, breathing exercises, yoga, listening to soothing music and getting away from electronic gadgets are all proven methods of stress relief. <sup>45</sup>
- The old Students' Union building is currently unused and is close to the library, an area which a large amount of students are studying in.

### The Unions Believes

- While a relaxation area isn't going to solve the problem of student stress it will provide an area where students can relieve some of the symptoms of stress.
- The University has a duty to its students to make sure that their studies don't negatively impact their health and wellbeing.
- Repurposing unused space for a relaxation area wouldn't necessarily have to be too costly but would have benefits to the wellbeing of students.

### The Union Will

- Lobby the University to create a relaxation area.
- Suggest the repurposing of some of the space in the old Students' Union building.
- Find out what students would want from a relaxation area.

### The Union Chooses

VP Community and Welfare

