

Feeling Overwhelmed? Your Campus Guide To Calm...

Effects of nature on mental well-being:

- Reduction of “stress” hormones (cortisol) and release of “happy” hormones (endorphins)
- Positive impact on your mood and emotional well-being.
- Improves your focus, attention, and problem-solving abilities.
- Nature sounds linked with improvement of working memory.
- Relieves mental fatigue and promotes relaxation.

Being a student can be stressful...
Escape the pressure of approaching deadlines and exams
by immersing in the campus' rich biodiversity.



Mile end park: a lively green space right opposite the campus, featuring tranquil ponds and a canal.

Activities: nature walks, picnic with friends, outdoor meditation.



Canalside study space: a unique spot, on campus to experience studying with a picturesque view and embracing positive impacts of nature on learning.



The Canal: a breathtaking scenery , home to a variety of wildlife providing the perfect setting for students to unwind and recharge their mind.

Activities: observing wildlife, lunch or snack break, stroll.



Novo Cemetery- a noble space in the middle of the hustle and bustle of campus, displaying the fusion of nature and history.



Queen's Square: the vibrant green space in front of Queen's building offers a refreshing setting for students to destress and relax.

Activities: socializing, reflection breaks, reading.



Graduate square: take the time out of a busy day to sit and relax under the shade of the big tree in the green area located across Fogg building.

Activities: study breaks, relaxation, listening to music.



Geography square: a small and cozy spot to sit and enjoy the greenery and soothing ambiance.

Activities: reading, journaling, nature appreciation.

The QMUL advice and counselling service is also situated here, visit them if you need more help or contact them via +44 20 7882 8717