Mind Smart Guides are a series of self help resources designed to give you the psychological flexibility, resilience and self-management skills you need to thrive at uni and at work.

**Mind Smart Guides**

What are Mind Smart Guides? Find out more here.

**Growth mindset**

Learn how to achieve your potential and bounce back from failure and setbacks

**Exams with less stress**
Find out how you can reduce your stress levels around exam time.

**Tales of Resilience**

Stories and strategies from individuals living with Mental illness.

**Receiving feedback**

Successful graduates reflect on the importance of feedback in their work.

**Giving feedback**

Useful advice on how to give good feedback.

**Sleep**

Find out how sleep can improve your marks.

**Animate Me**
A selection of animations on Mental Health and Wellbeing.

**Mindfulness**

Mindfulness improves your memory, learning and wellbeing.

**Perfectionism**

Perfectionism...... believe it or not but being a perfectionist can have a serious impact on your work and relationships.

**Procrastination**

Learn some strategies so you can stop procrastinating and actually get down to some work.

**HDR counselling resources**

For high degree research programs

**More counselling resources**
More guides and resources...