



Finding the visa application process stressful?

Advice from the VISA Team

The visa process can seem daunting and it is common to feel stressed and anxious when applying for a visa, particularly if you are juggling applying for a visa with your studies. The VISA Team are here to help and support you throughout the visa application process.

Tips to reduce stress

To help you reduce and manage these feelings here are some recommended practical steps that you can take by making some minor positive lifestyle changes:

- ✓ Exercise
- ✓ Eating a healthy and varied diet
- ✓ Meditation
- ✓ Taking regular breaks
- ✓ Get the right amount of sleep
- ✓ Listen to music
- ✓ Talk about it

Helpful Resources

There are resources available with information and advice which can help:

Moodjuice: www.moodjuice.scot.nhs.uk

Anxiety UK: www.anxietyuk.org.uk

Mind Troubleshooters: www.gov.scot/Resource/Doc/98780/0023940.pdf

NHS - how to deal with stress: www.nhs.uk/Conditions/stress-anxiety-depression/Pages/understanding-stress.aspx

Counselling Team

The university also has a confidential counselling service. Please visit www.gcu.ac.uk/studentwellbeing where there is information on the counselling service, making an appointment with a counsellor or alternatively some excellent self-help resources.