

STUDENT DIGITAL CARE PACKAGE

The Covid-19 Edition

Our students matter to us. So we thought we would put together a nice handy guide for you. Whether you're enjoying the time off, or you're about to throw your laptop through the window mid-Zoom call; have a read, it might just help.

PROTECT YOUR BRAIN

Whatever you do, it is essential during this time to protect your head. Your mental health is everything, so here are a few key reminders for those who love to beat themselves up a little too much.

1. Stop Comparing

Stop looking at your friend's Instagram accounts and worrying that you haven't got 3 perfect dissertations knocking about and that you haven't started a side hustle. Nobody's life is as great as their Insta makes out.

2. Balance is key

Yes, get your essential study time in. There is no need in stressing yourself out more by avoiding work entirely. Just take it step by step. Set goals and achieve them. You'll feel so much relief and far less overwhelmed. Just remember to balance your day out so that you don't burn out.

3. Endorphins

You can release endorphins with your housemate's help.. ahem that is by going for a nice walk, or performing a home workout. You might not be a fitness fanatic, but doing exercise (within safe distance from those you don't live with) can really help to boost your mood and release some natural happy endorphins.

4. Enjoy the little things

The entire world has slowed down, which means that you can too. Drop the guilt and enjoy the little victories, whether it's finally completing some Uni work, enjoying a new series on Netflix, or cooking something a little deluxe. Make sure to enjoy the little things and make them happen.

Who else planned for 2020 to be their year? Well you're not alone, but there's no need to let this whole Corona situation get you down. Before you know it, you'll be sipping ale in a beer garden with your dissertation serving as a nice absorbent coaster.

NETFLIX + PROCRASTINATE

A summary of some of our favourite new additions to Netflix. If you're home alone, why not try the Chrome Extension, Netflix Party? It will allow you to watch a movie with someone else in the world whilst talking about the movie. Social distancing at its finest.

Afterlife

Funny
Emotional
Series

New Girl

Recently added
Funny
Series

Prison Break

Must-see
Action
Series

Blue Streak

Classic
Comedy
Action

Horrible Bosses

1 and 2 available
Comedy
Easy watching

The Platform

Subtitled
Action
Interesting

The Martian

Amusing
Interesting
Space

Chef

Heart-warming
Hunger-inducing
Inspiring

Sherlock

Series
Action
Puzzler

Sex Education

Amusing
Clever
Easy watching

Yes Man

Funny
Easy watching
Heart-warming

The Equalizer

Action
Easy watching
Thriller

Jumanji Remake

Comedy
Genius
Easy watching

Hush

Thriller
Intense
Inspiring

The Haunting of Hill House

Thriller
Intense
Addictive

See no Evil, Hear no Evil

Comedy
Classic
Easy watcher

HAPPY STOMACH, HAPPY MIND

Here are 2 very student-friendly recipes. We've added vegan substitutes too!

MAC N CHEESE

YOU WILL NEED:

- +1 ONION
- +TSP OIL
- +CHUNK OF MARGERINE/ BUTTER
- +HANDFUL OF FLOUR
- +ABOUT 250 ML MILK
- +CHUNK OF CHEESE
- +SALT AND PEPPER
- +PASTA (MACARONI WORKS BEST)
- +ANY LEFTOVER BITS OF BREAD
- +2 CLOVES OF GARLIC
- +THYME LEAVES (OPTIONAL)

Start out by chopping your onion and frying it in some oil. Once golden brown, add your milk to the same pan and bring it to the boil. In a separate frying pan, melt your margarine and throw a tiny bit of flour in to make a thick roux/ paste. Slowly whisk your roux in with your onions and your milk. Keep it boiling, it will start to thicken. Add your salt and pepper, cheese and any other bits like mustard if you fancy it. Keep it simmering until its nice and thick. Meanwhile get your pasta cooking. Once cooked, throw your pasta in with your milk mixture. Stir it all together and take it off the heat. Get your roux frying pan, stick another little bit of margarine in to melt. Shred your bread into breadcrumbs and add to the melted margarine. Slice and add your garlic, don't let it burn. Finally add the thyme and cook it for another few seconds, add some salt. Take it off the heat. Turn your oven onto 180 degrees/ 356 Farenheit/ Gas Mark 4. Pour the milk pasta mix into an ovenproof dish, add your bread topping and bake for 30- 45 minutes until golden brown.

VEGAN?

- Use a Vegan margarine like Flora
- Oat Milk works best for this recipe
- If you can afford it, add some nutritional yeast in for extra cheese flavour
- Use vegan cheese, available in most supermarkets

EASY QUESADILLA

YOU WILL NEED:

- +1 ONION
- +DROP OF OIL
- +WRAPS, ANY BRAND, ANY PRICE
- +FILLING OF CHOICE, MINCE MEAT, CHICKEN ETC
- +SPICE PACK (SUPERMARKET OWN TACO MIX IS GOOD)
- +MIXED PEPPERS
- +SALT AND PEPPER
- +CHEESE
- +ANY OPTIONAL EXTRAS LIKE SALAD LEAVES/ SALSA

First prepare your filling. Fry an onion in some oil until golden brown. Add in your filling choice and fry until cooked through and brown. Slice your peppers and throw them in. Add your spice pack and seasonings and keep mixing. Cook for a few more minutes. Empty the pan into a bowl and put your frying pan back on the heat, keep it low. Chuck in a wrap and carefully spoon some filling into the centre. Top with grated cheese. Grab another wrap and place it on top like a sandwich. Squash it down gently. Carefully, after a few minutes flip your quesadilla with a spatula. Cook until the cheese is melted through and your wraps are golden brown. And done! Add any garnish, salad or salsa you fancy.

VEGAN/ VEGE?

- Opt for a vegan mince, most supermarkets do their own brand. Avoid Quorn, it isn't vegan just yet. If you don't fancy mince, try a vegetable filling, like mushrooms and peppers.
- Vegan cheese is readily available in supermarkets.

Don't forget to eat! So many of us in the UK miss important meals and avoid proper eating habits until evening. Eat regularly as best you can; it will keep your metabolism at a nice healthy level, which means your body will be thankful and you won't start to release crazy amounts of stress hormones.

STAY HAPPY

Here at Rooms 4 U, we are still working as usual. Please don't hesitate to get in touch if you are in need of support or have any queries about future or current tenancies; we would be happy to help.

So that's it for our guide. We didn't want to waffle on too much, but we hope it helped you as much as it can. If you are struggling, make sure to call those who are close to you like family or friends. Failing that, there are a bunch of incredible helplines out there offering support for free. Stay safe, stay happy.

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