

winter break support guide



advicesu

festive finances

We know it's an expensive time of year with travel costs, increased prices in venues and gift gifting - plus it's been a long time since that September student loan came in! Have a look through this useful guide for [Christmas on a budget](#)



Support

If you're worried about managing your finances, try and speak to someone from [UEA Student Services](#) before you go home - they can talk you through the support options available

Do your research

the Boxing Day sales emails start filling your inbox as early as Christmas Eve, and it's easy to get lured in by the idea of getting a bargain

do your research and decide if 50% off that jacket (that you didn't want until it was on sale) is really worth it!

the importance of rest

the winter break is a great opportunity to rest and recharge after a busy first semester, but we know that a lot of you will have assignments, deadlines or preparation for exams to prepare for

if you can, try and get your assignments drafted or completed before the winter break so you don't have the deadlines looming in the New Year

if you're having to work across the holidays, make yourself a schedule, planning in some rest and social days, and stick to it!

you can find loads of self-help resources and information on the [Student Services Hub](#) on Blackboard, including grounding techniques, support for stress management and seasonal low mood

