

CONNECT

A MONTHLY NEWSLETTER ON MENTAL WELLNESS

MARCH 2026



Welcome to a New Quarter: Rest as a Form of Strength

We begin a new quarter focused on **Chill (Rest and Recover)**.

If January and February helped you shape the spaces around you, this quarter turns inward to explore the rhythms that shape your energy. Rest is not a reward for productivity. It is the foundation that supports it.

As we enter the month of International Sleep Day on 13 March, this issue highlights how understanding your sleep patterns can lead to clearer thinking, steadier emotions, and more sustainable performance.

Sleep and Circadian Cues

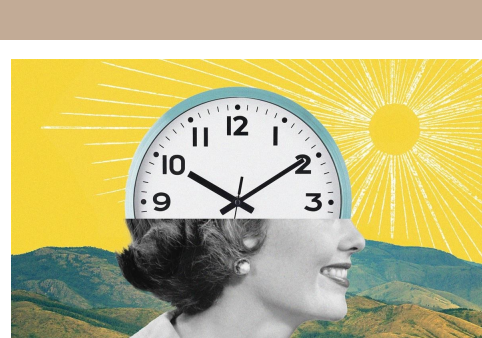
Your body functions on a natural internal clock that influences alertness, mood, and performance. When you work with it, everything becomes easier. When you fight against it, even simple tasks feel harder. This month, we explore five key ways you can support your circadian rhythm and rest better.

5 key ways to support your circadian rhythm

1. Your Body Performs Better With Consistent Sleep Rhythms

Your brain thrives on regularity. Going to bed and waking up around the same time each day stabilises mood, sharpens concentration, and improves memory and learning.

Start with one small anchor: choose a fixed wake time and stick to it whenever possible.



2. Light Exposure Shapes Energy Levels

Morning light signals to your brain that it is time to wake up. Evening light, especially from screens, can delay your sleep hormones.

Try these simple adjustments:

- Step outside for a few minutes within the first hour after waking
- Dim your room and reduce screen brightness at night
- Shift to warm lighting in the evening



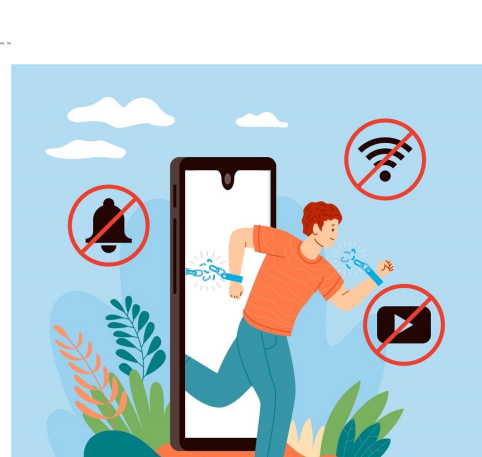
These small actions help your brain recognise day from night.

3. Tech Boundaries Support Rest

You do not need a digital detox. You need a digital boundary. Your sleep quality improves when your brain has clearer transitions between active and resting states.

Experiment with one boundary this week:

- Avoid checking your phone first thing in the morning
- Use app timers or focus modes
- Charge your phone away from your bed



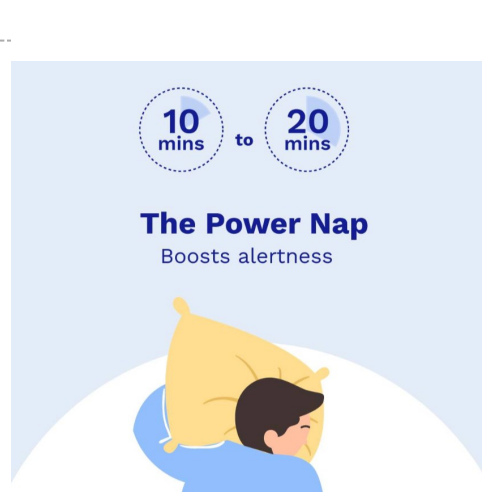
4. Nap Strategically, Not Randomly

Naps can refresh you, but only when timed well.

Short, intentional naps work best for students.

Guidelines to try:

- 10 to 20 minutes boosts alertness
- Before late afternoon to avoid disrupting night sleep
- Set an alarm to prevent oversleeping



A well timed nap can support learning and reduce stress.

5. Your Sleep Environment Still Matters

February explored how your environment influences focus and comfort. This month revisits that theme through the lens of rest.

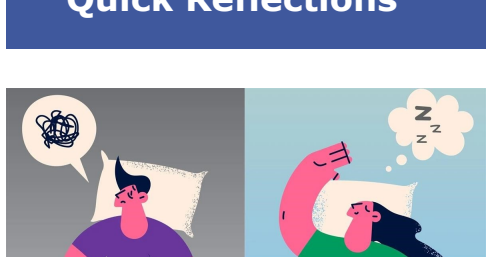
Consider adjusting your sleep space by:

- Keeping your room slightly cool
- Reducing visual clutter near your bed
- Using your bed mainly for sleep
- Adding one calming cue such as soft lighting or a breathing routine



Your environment signals to your brain when it is time to wind down.

Quick Reflections



Here are a few ways to check in with yourself:

- Are your sleep and wake times stable or constantly shifting
- Do your mornings feel calm or rushed
- Does your body feel restored after a night's rest
- What is one small change you could try this week

Thank You for Being Part of World Sleep Day

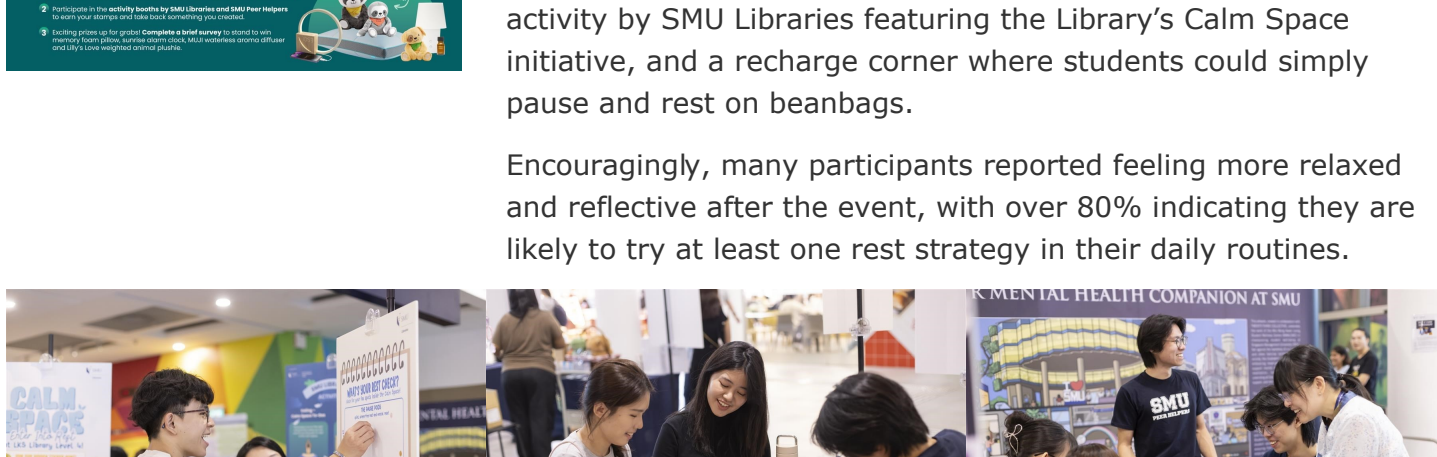


On 13 March 2026, Mrs Wong Kwok Leong Student Wellness Centre, in partnership with SMU Libraries and SMU Peer Helpers, hosted a campus roadshow to mark World Sleep Day, themed **"Power Down, Power Up – Beyond Sleep: How Rest, Space, and Pause Restore Us."**

More than 300 students stopped by during the mid-term season to explore simple ways to recharge. Pre-event responses showed that fewer than one in five students felt well-rested, and only about a quarter regularly took intentional breaks during the day.

The roadshow offered practical, hands-on activities inspired by the seven types of rest, encouraging students to pause and reflect on their wellbeing. Highlights included journaling and dreamcatcher making at the Peer Helpers booth, a voting activity by SMU Libraries featuring the Library's Calm Space initiative, and a recharge station where students could simply pause and rest on beanbags.

Encouragingly, many participants reported feeling more relaxed and reflective after the event, with over 80% indicating they are likely to try at least one rest strategy in their daily routines.



Stay Connected With Us

We're now on Instagram. Follow us **@sgsmustudentwellness** for **bite-sized mental health content, community highlights, and real-time updates.**

Prefer concise updates without scrolling? Our Telegram channel continues to be a fast and simple way to receive wellness resources and key announcements.

Wherever you study or unwind this month, may your spaces help you feel grounded and supported.

Teaser for Next Quarter

In April, we begin a new journey: **Finding Your Rhythms of Rest Between the Busy Moments.** Get ready for practical ways to recharge without slowing your momentum.

Here When You Need Support

Whether you're feeling disconnected, sitting through complicated emotions, or just need someone to talk to, we're here for you. You can **book appointments with us anytime** by clicking on the Book an Appointment button.

[Book a Counselling Appointment](#)



Stand a chance to win **\$10 Starbucks Gift Card**

Quiz closes on 27 March 2026, Friday at 5pm.

