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HOME IS WHERE YOU MAKE IT

A STUDENT'S
GUIDE

MAKING YOUR ROOM A HOME

Whether you're in university halls
or private accommodation

The environment surrounding you can significantly impact your wellbeing, especially in an unfamiliar city.

Having a space that you can personalise to feel familiar is crucial for grounding yourself at the start and end of each day.

This booklet will guide you in creating your own space at University.



Moving away for University-
How students really feel...

**“Really nervous
and uncomfortable”**

**“To be honest really
anxious”**

“Excited”

**“ I was super excited because
my freedom was a long long
time coming”**

**“Nervous and excited
for a new chapter”**

**“Massively nervous as it was a new city
where I hadn't really been and didn't know anyone”**



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ALL THE GEAR BUT NO IDEA



Are you struggling to find a place for decorations and personal items in your room, or have you not brought anything to make it your own?

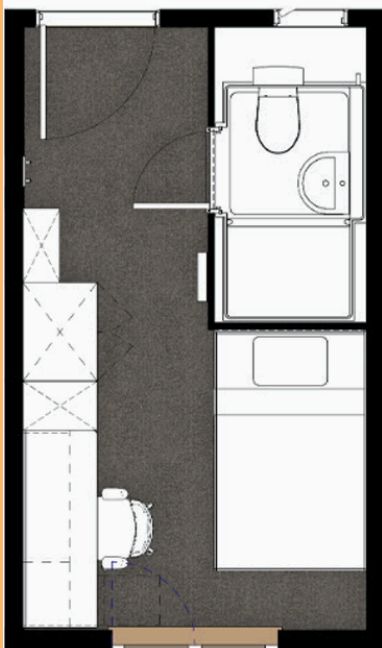
Whether you came with ideas or not it's important to think about what your room already includes and the amount of space you have to add items in.

This helps prevent overspending and purchasing decorations that won't fit.

Begin by sketching a layout of your room. Mapping out the items and furnishings helps to visually identify where there are gaps to fill.

Bear in mind some of your items in your room will be fixed and unable to change.

Start with larger furnishings, such as the wardrobe, cabinets, bed, shelving units, and so on.



DRAW OUT YOUR ROOM



WHERE TO START?

Senses

Your senses determine how you interpret an environment, sending feedback to your brain that influences how we engage with a space.

This feedback can guide us in adjusting the environment to make it more pleasant, comfortable, and in tune with our sensory preferences.

SMELL

Pleasant smells like freshly baked goods, draw you in and creates curiosity. Whereas unpleasant smells e.g. sewerage you would tend to avoid.

SIGHT

Some individuals find clutter visually distracting, while others find it comforting or stimulating. Arrange your space in a way that suits you and supports your work style.

TOUCH

Choose textures that match your preferences, whether you enjoy soft or hard surfaces, is depended on how they feel on your skin

HEARING

Your noise levels are a personal preference. Do you prefer silence using noise-cancelling headphones, or would music or gentle white noise help you relax and concentrate?

TASTE

Leads to choices you make in food but also comfort of dining spaces and the environment where it's consumed at home.

SENSORY PREFERENCE PROFILE

Prioritise your senses below and give examples of your favourites here is one example... **TOUCH- A SOFT, FLUFFY RUG TO WALK YOUR FEET OVER.**

1.

2.

3.

4.

5.

SMELL



SIGHT



TOUCH



HEARING



TASTE



5 THINGS TO INCLUDE

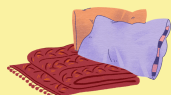
Your Room, Your Rules— Make It Unique!

1- LIGHTING



adding soft lighting to your room creates a cozy, inviting atmosphere that implies relaxation. Soft lighting is best for calming and down time whilst bright lighting can increase productivity. Use string lights, dimmer lights etc

2-TEXTURE



Incorporate cushions, throws, rugs they help to make a empty space feel warm and increases comfort. Choose fabrics and patterns that compliment your room and calm you

3-NATURE



Adding Greenery into your environment can promote tranquility and wellbeing. They connect you with the outdoors and help to purify the air in your room. You can also use fake plants if you struggle taking care of live plants.

4-PERSONAL ITEMS



family photos, favourite artwork, postcards from home or sentimental objects that remind you of home or you normally have in your room at home can make your space feel personal and create a sense of belonging as they are familiar to you.

5- SOUND



Music can personalize your space, creating a unique atmosphere with your favorite album or artist. For added relaxation, consider playing nature sounds—it's all about your personal preference!

WHERE TO PURCHASE?

THINK SUSTAINABLY

- Charity shops.
- UWE sustainability shop (Frenchay Campus).
- Etsy- handmade from independent sellers.

DIVIDING UP YOUR ROOM

The Importance of it!

The majority of students share the room where you sleep with where you work. Maintaining this separation can be beneficial- Improves Sleep Quality, Increases focus and productivity, reducing stress and promoting better physical health.

SLEEP



associating your bed solely with sleep makes it easier for your brain as it's conditioned to wind down there.

The divide can prevent stress of work from intruding into your rest space.

Putting work materials such as Laptops, papers, chargers out of sight at the end of the day or when resting can help mental transition from work to relaxation.

There are also some sleep hygiene tips besides the focus of the environment

WORK



Set up a clear workspace and use simple routines to signal the start and end of your workday. Even small things like organising your desk can make it easier to switch between work and personal time.

Avoid working in bed, as it can lead to poor posture, causing strain on your neck, back, and wrists over time.

On the other hand, using a desk or table promotes physical health as it encourages good posture, creating comfort- allowing you to work for longer periods.

SLEEP HYGIENE TIPS

- **Set a Schedule**

Maintain consistent sleep/wake times, even on days off (no more than 1-hour variation).

- **Don't Force Sleep**

If awake after 20 minutes, do something calming like reading.

- **Avoid Stimulants**

Limit caffeine, alcohol, and nicotine; caffeine can linger for up to 12 hours.

- **Limit Naps**

Keep naps under 1 hour and avoid them late in the day.

- **Bed for Sleep Only**

Use your bed solely for rest to strengthen the sleep association.

- **Exercise & Eat Smart**

Exercise regularly but avoid strenuous activity or large meals within 2 hours of bedtime.

- **Optimize Environment**

Ensure your room is quiet, dark, and comfortable; use earplugs or an eye mask if needed

RENTAL FRIENDLY DO'S AND DON'T'S

Before you start!
Read your tenancy agreement



DO

Use **adhesive Hooks or strips** e.g. command strips to fix art, mirrors, shelves- these hooks and strips have specific weights to prevent falling

Using **Peel-and-stick options** such as peel-and stick tiles great to cover outdated or dirty tiles.

If you have replaced furniture or moved items make sure that these **original furnishings are stored** and are kept in good condition.

Free standing furniture don't install permanent fixtures.

Document approved changes with photos to track what needs restoring.

DON'T

Don't paint without permission some landlords will allow for you to paint your room however this permission has to be written

Don't use heavy-duty adhesives as they can damage walls and be hard to remove.

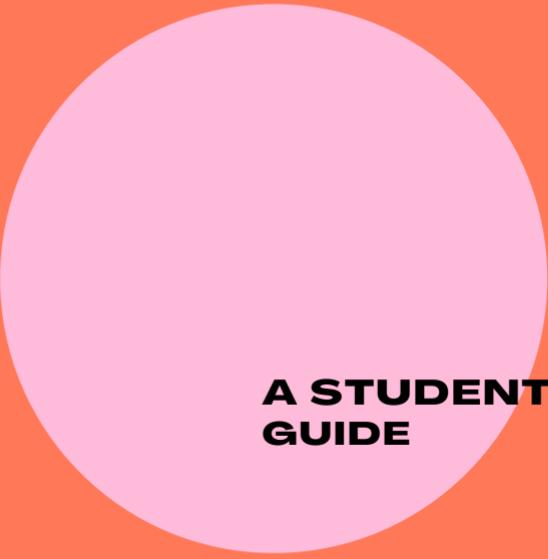
Don't drill holes or pins into your walls unless its allowed via your contract.

Don't ignore your lease rules, many specify changes that aren't allowed for example altering appliances.

REMEMBER

Leave the property in the same condition you found it- Your deposit will be at risk otherwise.

Its okay that your room won't be completed in a day! or maybe even in a couple of weeks! It takes time be patient...



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