

How to *cheese* through stress

Signs of stress and bad health you might encounter in the cheese society:

- **Mental Health**

- Feeling excluded due to lack of knowledge about cheeses/wines
- Loneliness due to inconsistent attendance of social events
- Imposter syndrome due to possibly extravagant events

- **Physical health**

- Overconsumption of alcohol
- Unhealthy consumption of copious amounts of cheese

If you feel any of these signs, make sure to contact

1 **Alcoholics anonymous**
(+44 (0) 800 917 7650)

2 **UoB mental health services**
(or call 111)

3 **Beat eating disorders**
(+44 (0) 0808 801 0677)

How we support our groups wellbeing:

- Our President and/or Wellbeing champion are present at all of our events. Anyone from our committee is more than happy to talk to you. Remember, professional help is always best, but we can always lend an ear!
- If you aren't comfortable talking to the committee, make sure to follow the support services listed above.
- If your concerns are about DEI/behaviour of specific members of the society, speak to the society EDI officer (details on our [website](#))
- Talking in person can be difficult sometimes, feel free to contact our Wellbeing champion Louis directly via email!
- We regularly remind you who our Wellbeing champion is. If you can't remember his face, here it is:

Our Wellbeing champion
2025/26:

Louis Anscombe

Contact info:
louis.anscombe.2023@bristol.ac.uk



Our
**Wellbrieing
-Cheese**

CHEESE SOC