

University Mental Health and Wellbeing Day -

Wednesday 19th February

Student Wellbeing is hosting a day promoting the mental wellbeing of students and staff at the University...

Collegiate Learning Centre 11.00am-2.00pm

Information stalls, student led activities, Wellbeing MOTs, activity run by SYEDA,

Adsetts level 6, 6613 City Campus 2.30-4.00pm

Workshop 'Maximising Feedback' 2.30-4.00pm

Level 2 Atrium, City Campus 11.00am-2.00pm

Information stalls, student led activities, Mindapples tree, IAPT Drop-in

Student Wellbeing, Surrey Level 1 12.00am-3.00pm

Refreshments, Art table, Wellbeing MOTs, self help materials

Workshop 'Have fun and live on a budget' 1.30-2.30pm

Workshop 'Introduction to mindfulness' 4.00-5.00pm

(see overleaf for how to book onto the workshops)

Wear something green to show your support!

Activities

Mindapples tree

Discover 5-a-day for your mind

IAPT Drop-in

Information about Sheffield Improving Access to Psychological Therapies

Activity run by SYEDA (South Yorkshire Eating Disorders Association)

Raising awareness of eating disorders in south Yorkshire

Wellbeing MOTs

Practical advice on how to achieve good levels of wellbeing

Workshop 'Have fun and live on a budget'

'Always run out of money part way through the term? This workshop will help you to take control of your finances and give you info about how to eat well'. Book onto the workshop here -

<https://www.surveymonkey.com/s/Havefunandliveonabudget19feb>

Workshop 'Maximising Feedback'

Explore how to receive and understand feedback, give feedback constructively and understand the difference between negative criticism and constructive feedback. Book onto the workshop here -

<https://www.surveymonkey.com/s/KTQVVNK>

Workshop 'Introduction to mindfulness'

Find out more about this powerful technique that has an overall positive impact on Wellbeing. Book onto the workshop here -

<https://www.surveymonkey.com/s/Mindfulness19Feb>

For more information, please contact and refer to the following:
student.wellbeing@shu.ac.uk 0114 2252136

: # Unimentalhealthday
: @SHUSWB