



Well-Being Workshops & Drop-in Centre Timetable (Week 9)



	Monday	Tuesday	Wednesday	Thursday	Friday
10 – 11	Mindfulness Workshop (Meditation Room)	Relaxation Workshop (Meditation Room)	Relaxation Workshop (Meditation Room)	Relaxation Workshop (Meditation Room)	Relaxation Workshop (Meditation Room)
11 – 12	Drop-in Centre (CM-073)	Drop-in Centre (CM-073)	Drop-in Centre (CM-073)	Drop-in Centre (CM-073)	Drop-in Centre (CM-073)
1 – 2	Anxiety Workshop (MC2005)	Low Mood Workshop (MC2005)	Social Anxiety Workshop (MC2005)	Self-Esteem Workshop (MC2005)	Stress Workshop (MC2005)
3 – 4	Drop-in Centre (CM-073)	Drop-in Centre (CM-073)	Drop-in Centre (CM-073)	Drop-in Centre (CM-073)	Drop-in Centre (CM-073)



Are the Workshops for me?

Students interested in learning about mental health and wellbeing will really benefit from workshops, whether it is for you, to help a friend or out of interest.



Workshop Overview

Anxiety: What is anxiety and how can we manage it

Low Mood: Exploring feeling low and ways to manage mood

Social Anxiety: Exploring the fear and nervousness around social situations

Stress: What is stress and how to identify it in your life

Self-Esteem: Identify your strengths and feel good about yourself



Where do I go?

Lunch time workshops are on in the top floor of the Millstream Building next to the Living Bridge. For directions to Relaxation workshops in the Meditation room, just ask in the Main Office.