



## Wednesday 2<sup>nd</sup> April Free Activities on Campus for Students and Staff

# Be Calm

<b>8.30-9.00am</b>	<b>Mindfulness Meditation Drop In: Calm Energy for the Day Ahead</b>	<b>Wellbeing Room 1 Dover Street Mary</b>
<b>9.00-3.30</b>	<b>Chill out Room</b>	<b>Wellbeing Room 2 Dover Street</b>
<b>11.00-12.00</b>	<b>Understanding Anxiety</b>	<b>Learning Commons Meeting room Ground floor Nicola</b>
<b>11.00 – 11.30am</b>	<b>Managing Stress Techniques</b>	<b>Wellbeing room 1 Dover Street Mary</b>
<b>11.30-12.00</b>	<b>Managing Stress Techniques</b>	<b>Wellbeing room 1 Dover Street Mary</b>
<b>12.00-12.30 pm</b>	<b>Relaxation</b>	<b>Atrium-University place, 1<sup>st</sup> floor Heather</b>
<b>12.30-1.00 pm</b>	<b>Relaxation</b>	<b>Atrium-University place, 1<sup>st</sup> floor Heather</b>
<b>12.00-1.00 pm</b>	<b>Managing Exam Stress</b>	<b>UMSA lounge- 1<sup>st</sup> floor Dover Street Omar</b>
<b>1.00-2.00pm</b>	<b>Managing Exam Stress</b>	<b>UMSA lounge-1<sup>st</sup> floor Dover Street Omar</b>
<b>1.00pm-1.45pm</b>	<b>Calming Breathing</b>	<b>The Atrium-University place, 1<sup>st</sup> floor Colin Hughes</b>
<b>1.00-2.00pm</b>	<b>Managing the Stress of Perfectionism</b>	<b>Learning Commons Meeting room - Karen</b>
<b>4.00-5.00</b>	<b>Coping with Stress</b>	<b>Learning Commons Meeting room - Kasia and Davy</b>
<b>5.00 – 6.00pm</b>	<b>Mindfulness Meditation</b>	<b>Wellbeing room 1 Dover Street Omar</b>



[www.sport.manchester.ac.uk/wellbeing](http://www.sport.manchester.ac.uk/wellbeing)

*The day is hosted by the Counselling service in partnership with Sport, Counselling Service, Equality & Diversity, HR , the SU & The Atrium*