

# Wellbeing Week

10-14 November 2014

#UoMWellbeing

## ACTIVITY TIMETABLE

## Manchester Ways to Wellbeing

### Connect

Make contact with the people around you; with friends, family, colleagues, neighbours and the community. Think of these as the cornerstones of your life and invest time in them. Get to know new people or rekindle old friendships – building these connections will support and enrich you every day.

### Be active

Go for a walk or run. Step outside. Cycle. Try a new sport or activity. Dance, play a game or dig the garden. Most importantly, discover an activity you enjoy and one that suits you. Being active makes you feel good.

### Take notice

Lift your eyes from the next deadline or demand. Catch sight of beautiful things. Appreciate the unusual. Notice the changing seasons, sit and watch the world go by. Savour the moment, whether you are on the way to university, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

### Learn and discover

Make time to try something new. Rediscover an old interest. Learn to juggle, cook a new recipe, play an instrument, say hello in a new language. Set a challenge you'll enjoy. Learning new things will make you more confident, inspire you, as well as being fun.

### Give

Do something for a friend, colleague or stranger. Thank someone. Smile. Volunteer your time. Help a neighbour or community group. Be kind to yourself and others. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding.

### Be healthy

Look after yourself – stay safe, respect your body, make healthy choices. Live, love and laugh. Cook real food and share a meal. Sleep away stress, take time off-line, spend a while enjoying silence. Being healthy will help you feel confident, alert and get the most out of life.

## What is Wellbeing Week?

It's a chance to discover some of the many opportunities on campus – to relax, to be active, to try something new – but most of all to help you to feel good and have some fun.

All the activities are totally FREE. To make it easy to attend you can just turn up to most activities, but a few do need to be booked in advance – please see the schedule for details.

The week also aims to raise awareness of the 'Manchester Ways to Wellbeing': 6 actions to build into your day-to-day life to get you feeling good and functioning well!

## Wellbeing Week is a little bit different this year – How?

**Firstly it's in November to get the academic year off to a great start.**

We're also using some exciting new venues (while the Dover Street Building is closed) – so it's a great chance to come and discover our new temporary home for wellbeing at the Precinct Centre and to explore the Students Union. All venues are open to staff and students alike.

The full timetable is overleaf, but to find out more about each event, get detailed venue information and to register for events requiring booking, please visit the website.

# WELLBEING WEEK TIMETABLE

To sign up for activities requiring registration or to find out more about any of the events, visit [www.manchester.ac.uk/wellbeingweek](http://www.manchester.ac.uk/wellbeingweek)

ACTIVITY	VENUE	TIME	DROP IN/ REGISTER?
MONDAY 10 November			
Calm Energy for the Day Ahead	Wellbeing Rooms, Precinct Centre	8.30am-9am	Drop In
Early-morning relaxation	Wellbeing Rooms, Precinct Centre	9am-9.30am	Drop In
Wellbeing: Exercise	iZone: University Place	12pm-2pm	Drop In
Sports MOTs	iZone: University Place	2.30pm-3.30pm	Drop In
TUESDAY 11 November			
Health MOT – Occupational Health	North or South Campus	Various Slots 9:30am-3:30pm	Register
Student Coffee Morning & Path to Calm	The Atrium: University Place	10am-12pm	Drop In
MCR School of Beauty & Pop up Café	Activity Space: Students’ Union	11am-3pm	Drop In
Insanity: MAX Interval Training	Sugden Sports Centre	12pm-12.45pm	Drop In
Yoga	Wellbeing Rooms: Precinct	12pm-12.45pm	Drop In
Reducing the Stress of Perfectionism	Room 6.208: University Place	12pm-1pm	Drop In
Stress Hardiness: how to achieve it?	Wellbeing Rooms: Precinct	12pm-1.45pm	Drop In
Wellbeing: Eat	iZone, University Place	12pm-2pm	Drop In
30 Minute Miracle Walk	Outside Dover Street Building	12.15pm-12.55pm	Register
Yoga	Council Chambers: Students’ Union	12.30pm-1.15pm	Drop In
Relaxation	Wellbeing Rooms: Precinct	1pm-1.45pm	Drop In
Clearing your mind and focusing	Room 8: Students’ Union	1pm-1.45pm	Drop In
Is happiness possible? 5 Steps to mental wellbeing	Room 6.208: University Place	1pm-2pm	Drop In
Zumba	Council Chambers: Students’ Union	1.30pm-2.45pm	Drop In
Pilates	Wellbeing Rooms: Precinct	2pm-2.45pm	Drop In
Strictly Come Dancing (Fit Steps)	Council Chambers: Students’ Union	2pm-2.45pm	Drop In
Yoga	Council Chambers: Students’ Union	4pm-4.45pm	Drop In
Rush Hour Relaxation	Wellbeing Rooms: Precinct	4.30pm-5pm & 5pm-5.30pm	Drop In
Calming Your Busy Brain	Alan Gilbert Learning Commons	5pm-6pm	Register
Touch Rugby	Outdoor Court: Hulme Hall	6.30pm-8pm	Register
WEDNESDAY 12 November			
Calm Energy for the Day Ahead	Wellbeing Rooms: Precinct	8:30am-9am	Drop In
Early Morning Relaxation	Wellbeing Rooms: Precinct	9am-9:30am	Drop In
Health MOT – Occupational Health	North or South Campus	Various Slots 9:30am-3:30pm	Register
MCR Beauty School and Pop Up Café	Activity Space: Students’ Union	11am-3pm	Drop In
Pilates	Council Chambers: Students’ Union	11am-11.45am	Drop In
Cardioblast	Council Chambers: Students’ Union	12pm-12.30pm	Drop In
Beanbag Relaxation	Wellbeing Rooms: Precinct	12pm-12.45pm	Drop In
Mindfulness-based stress reduction	Room 8: Students’ Union	12pm-12.45pm	Drop In
Pilates	Council Chambers: Students’ Union	12pm-12.45pm	Drop In
Circuits	Sugden Sports Centre	12pm-12.45pm	Drop In
Finding Peace in a Frantic World	Wellbeing Rooms: Precinct	12pm-1pm	Drop In
Is Happiness Possible? 5 Steps to Mental Wellbeing	Room 5.204: University Place	12pm-1pm	Drop In
Wellbeing: Socialise	iZone: University Place	12pm-2pm	Drop In
Bums and Tums	Sugden Sport Centre	12.15pm-12.45pm	Drop In
Wonderful Wednesday Walk	Outside Dover Street Building	12.30pm-1.15pm	Register
Core Conditioning	Sugden Sports Centre	12.45pm-1.15pm	Drop In
Beanbag Relaxation	Wellbeing Rooms: Precinct	1pm-1.45pm	Drop In
Breathe Easy: Sit down relaxation techniques	Room 8: Students’ Union	1pm-1.45pm	Drop In
Zumba	Council Chambers: Students’ Union	1pm-1.45pm	Drop In
Zumba	Sugden Sports Centre	1pm-1.45pm	Drop In
Dealing with Criticism More Confidently	Room 5.204: University Place	1pm-2pm	Drop In
Introduction to Hypnotherapy	Wellbeing Rooms: Precinct	1pm-2pm	Drop In
You and Your Boss: Managing Power in Relationships (25 capacity) (Staff only)	Wellbeing Rooms: Precinct	1pm-2pm	Drop In
Strictly Come Dancing (Fit Steps)	Council Chambers: Students’ Union	2pm-2.45pm	Drop In
Yoga	Wellbeing Rooms: Precinct	2pm-2.45pm	Drop In
Therapeutic Gardening	Firs Botanical Gardens: Fallowfield	2.30pm-4.30pm	Drop In
Indoor Rowing	Armitage Sports Centre	3pm-5pm	Drop In
Beanbag Relaxation	Wellbeing Rooms: Precinct	4pm-4.45pm	Drop In
Dodgeball	Active Lifestyles Centre (Denmark Rd	4pm-5pm	Drop In
Volunteer Providing Event	The Atrium: University Place	4pm-6pm	Drop In
Mindfulness	Wellbeing Rooms: Precinct	5pm-6pm	Drop In
Fitness Class (Women Only)	Junior Common Room: Hulme Hall	6pm-6.45pm	Drop In
Tibetan Meditation	Meeting Room 3: Students’ Union	6pm-7.30pm	Drop In
Swimming	Manchester Aquatics Centre	8pm-9.30pm	Drop In
THURSDAY 13 November			
Calm Energy for the Day Ahead	Wellbeing Rooms: Precinct	8.30am-9am	Drop In
Early Morning Relaxation	Wellbeing Rooms: Precinct	9am-9.30am	Drop In
Free Swim	Manchester Aquatics Centre	9am-4pm	Drop In
Health MOT – Occupational Health	North or South Campus	Various Slots 9:30am-12pm	Register
Staff Coffee Morning and Nutritionist Drop In	The Atrium: University Place	10am-12pm	Drop In
Zorball Mini Football Tournament	Sugden Centre	Various Slots (12pm-5.30pm)	Register
Yoga	Council Chambers: Students’ Union	12pm-12.45pm	Drop In
Change for the Better: an intro to solution focused approach to change	Wellbeing Rooms: Precinct	12pm-12.45pm	Drop In
Beanbag Relaxation	Wellbeing Rooms: Precinct	12pm-12.45pm	Drop In
Wellbeing: Study	iZone: University Place	12pm-2pm	Drop In
Mindfulness	Wellbeing Rooms: Precinct	1pm-2pm	Drop In
Mindfulness for Beginners	Room 7: Students’ Union	1pm-1.45pm	Drop In
The Payoffs of Procrastination: are they worth the pains & perils?	Council Chambers: Students’ Union	1pm-2pm	Drop In
Making your academic supervision work for you	Room 6.213: University Place	1pm-2pm	Drop In
MLE Study Skills	The Atrium: University Place	All Afternoon	Drop In
Zumba	Council Chambers: Students’ Union	2pm-2.45pm	Drop In
Strictly Come Dancing (Fit Steps)	Council Chambers: Students’ Union	3pm-3.45pm	Drop In
Beanbag Relaxation	Wellbeing Rooms: Precinct	4pm-4.45pm	Drop In
Introduction to mindfulness based-stress reduction	Wellbeing Rooms: Precinct	5pm-6pm	Drop In
Squash	Sugden Sports Centre	6pm-8pm	Drop In
FRIDAY 14 November			
NHS Bus	Outside George Kenyon Hall	10am-4pm	Drop In
Foot It Friday	John Owens Front Arch	12pm-12.45pm	Drop In
Wellbeing: Drink	iZone: University Place	12pm-2pm	Drop In