Wellbeing Wednesday: 15th September 2021

Morning

8:30am: Keeping Active
Moving out can be challenging, staying active is a great way to reduce stress and anxiety.

12pm: Discover a new society
There are many societies to get involved with, take some time to research and jot down any questions you may have before the society fair in Welcome Week.

Afternoon

1pm: Quick and easy recipes on the move
Moving week can be busy, check out these quick lunch time recipe to keep your fuelled whilst on the move.

4pm: Declutter your space
Whether your moving into a halls or into your new student house, why not declutter your wardrobe or belongings to give yourself a fresh start.

Evening

6pm: Final Celebrations
With everyone starting a new journey, take this time to say goodbye to friends you might not see for a while and cheers to your new start.

9pm: Set your intentions
Starting a new academic year gives you the chance to start a fresh; set yourself some intentions before term begins.