Wellbeing Wednesday: 2nd February 2022

**Morning**

*8am: Early morning walk*
With the mornings getting lighter, getting outside for fresh air is a great way to start your day.

*10am: Student volunteering week*
Take a look at the many events happening next week on the volunteering website.

**Afternoon**

*12pm: Grow your own plant event 3rd Feb*
Join the wellbeing team tomorrow for this fun mindful activity. There's only 20 spaces so be quick!*

*3pm: Time To Talk Day 3rd Feb*
Check out what's happening this Time to Talk Day on the wellbeing events calendar.*

**Evening**

*7pm: Consent workshop*
An interactive theatre experience to challenge your understanding of consent and sexual relationships.*

*10pm: Get your sleep routine back on track*
Over exams, your sleep pattern may have been disrupted. Visit bit.ly/UoMsleep for tips.

*Sign up on the wellbeing events calendar: bit.ly/UoMWellbeingCalendar*