# Wellbeing Wednesday: 10th August 2022

## Morning

### 8am: Start the day with mindfulness meditation

Mindfulness meditation is a great way to be present and accept any thoughts/feelings that arise.

### 10:30am: Join GROW & try horticultural activities*

GROW is a project that promotes the benefit of engaging in horticultural activities to improve mental wellbeing.

## Afternoon

### 2:30pm: Volunteer with Milk and Honey

Want to gain transferable skills? Attend the Milk and Honey Café introduction session to find out how. Book via their website.

### 3pm: International Society Social*

Each week the International Society run a social at The Nest in the Student's Union. It's a great way to meet other students and make new friends!

## Evening

### 6pm: St Peter's House Gardening

St Peter's House run gardening sessions every Thursday. Get involved and make a difference. Book via their website.

### 8pm: Browse through the wellbeing calendar

There's still lots of things to get involved with this summer. Head to the wellbeing calendar and discover what you can do.

*More information available on the wellbeing events calendar: bit.ly/UoMWellbeingCalendar*