

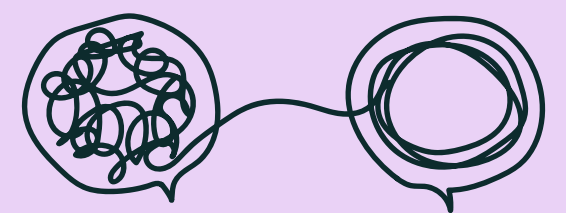
Mental Health Awareness Week

9th-15th May

Tuesday 10th May:

Managing Anxiety Workshop with the Counselling and Mental Health Service. 1.63 Large Group Room, Simon Building 12pm-1.30pm *

In this workshop you can develop an understanding of how our thoughts and beliefs influence our feelings and behaviours.



Great Charity Bake Off, Students Union. 11.30pm-3pm

Connect with others through baking. Bring your sweet treat along to the great charity bake off where entries will be judged in the Hive between 11.30-12.30pm. If baking isn't your thing buy a slice outside the SU afterwards for charity.



Wednesday 11th May:

Be Healthy Workshop! University Place Room 6.207 1-3pm*

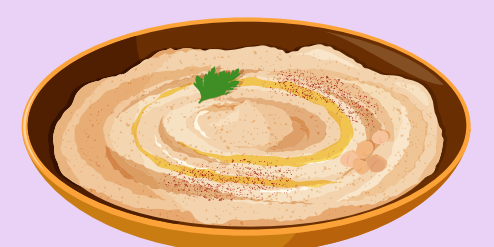
Would you like to learn how to change unhealthy behaviours? Two psychologists will be running a workshop on how you can change any unhealthy behaviours.

Thursday 12th May:

Challenging unhelpful thinking habits workshop with the Counselling and Mental Health Service. Alan Gilbert Learning Commons, 12:00 - 13:30pm*

We can all fall into unhelpful thinking habits.

This workshop is suitable for anybody who feels stuck or held back by their patterns of thinking.



Friday 13th May:

International Hummus Day! Ground Floor, University Place 1-2pm

Take a break from revision and come to the ground floor of University Place. Pick up some free hummus and a range of dips but be quick whilst stocks last!

*Scan the QR Code to be taken to the wellbeing calendar to sign up.
Counselling and mental health workshops also occur throughout the year.

