

# Wellbeing Week Activities 2020

Monday 2 March		
<p><u><a href="#">Mindfulness</a></u> Learn to focus on the here and now and improve your concentration. Regular mindful practice can boost our feelings of wellbeing. Why not come along and join us for 30 minutes and take time to slow down, relax and be in the moment.</p>	9.30-10am	Breathing Space, Portland Building
Tuesday 3 March		
<p><u><a href="#">Mindfulness</a></u> Learn to focus on the here and now and improve your concentration. Regular mindful practice can boost our feelings of wellbeing. Why not come along and join us for 30 minutes and take time to slow down, relax and be in the moment.</p>	10.30-11am	Breathing Space, Portland Building
<p><u><a href="#">Beating your inner critic Masterclass</a></u> This interactive masterclass will share with you highly effective techniques and strategies to help us to boost decisiveness, creativity and concentration.</p>	11am-12pm	Breathing Space, Portland Building
<p><b>Look after your Mate – Fully booked, waiting list available</b> This is an introduction to student mental health and the student experience, communication techniques, signposting and boundaries, self-care and looking after yourself whilst supporting a friend.</p>	1-4pm	Breathing Space, Portland Building

To join the waiting list <a href="#">click here</a> .		
<b>My Favourite Book</b> Come along and talk about your favourite books, explore the library's Leisure Collection and have a go at making cards and badges. No need to book, just turn up!	12–2pm	Coaching Corner, Ground Floor, Kimberlin Library
<b>Wednesday 4 March</b>		
<b>Chill Out Zone</b> Whether you like board games, or crafting, the Chillout Zone is the place to be. Drop in for 10 minutes or stay for the whole thing, it's up to you. No need to book, just turn up!	12-3pm	Coaching Corner, Ground Floor. Kimberlin Library
<b>Hub Social</b> Join us in the Breathing Space for a chance to relax, enjoy some free food and drink and meet new people. No need to book, just turn up!	2-4pm	Breathing Space, Portland Building
<a href="#">Mindfulness</a> Learn to focus on the here and now and improve your concentration. Regular mindful practice can boost our feelings of wellbeing. Why not come along and join us for 30 minutes and take time to slow down, relax and be in the moment.	4.30-5pm	Breathing Space, Portland Building
<b>Thursday 5 March</b>		
<a href="#">Mindfulness</a> Learn to focus on the here and now and improve your concentration. Regular mindful practice can boost our	9-9.30am	Breathing Space, Portland Building

feelings of wellbeing. Why not come along and join us for 30 minutes and take time to slow down, relax and be in the moment.		
<b>University Mental Health Day Event</b> Find out more about the support on offer here at DMU to help you maintain your health and wellbeing at university. Also, take part in our competition to be in with a chance of winning an Echo Dot!	12-2pm	Hugh Aston Atrium
<a href="#"><u>Introduction to Networking</u></a> In this interactive session we'll be looking at some of the key skills for face-to-face networking: meeting & greeting with confidence, listening to others talk, following up and how to "fake it 'til you make it".	2-3pm	Campus Centre Function room 2
<a href="#"><u>A student's perspective on Volunteering</u></a> Find out how volunteering has had a positive impact on a student's experience whilst at DMU. This is an opportunity to ask questions about the benefits of volunteering and find out more on how to get involved.	3-4pm	Breathing Space, Portland Building
<b>Spiritual Music and Wellbeing</b> A session to enjoy some music and singing that will lift your spirits, help you unwind and connect with your inner wellbeing. No need to book, just turn up!	7-8pm	Breathing Space, Portland Building
<b>Yoga Session</b> Why not try out a free yoga session? Please wear comfortable clothes and bring water with you. No need to book, just turn up!	5.00pm – 6.00pm	Breathing Space, Portland Building

Friday 6 March		
<b><u>Taming your inner perfectionist Masterclass</u></b> This class will help you to be more successful in aiming high while using strategies for dealing with the unhelpful aspects of perfectionism.	12.00pm – 1.00pm	Breathing Space, Portland Building
<b><u>Mindfulness</u></b> Learn to focus on the here and now and improve your concentration. Regular mindful practice can boost our feelings of wellbeing. Why not come along and join us for 30 minutes and take time to slow down, relax and be in the moment.	3.00pm – 3.30pm	Breathing Space, Portland Building
Monday 8 March		
<b>Spiritual Music and Wellbeing</b> A session to enjoy some music and singing that will lift your spirits, help you unwind and connect with your inner wellbeing. No need to book, just turn up!	5.00pm – 6.00pm	Campus Centre