

Counselling Service
Maynooth University



WELLBEING
WORKSHOPS
2023-2024
Semester One



SCAN ME

www.maynoothuniversity.ie/counselling

WELLBEING WORKSHOPS

Each semester the Counselling Service offers a series of Wellbeing Workshops for students on a variety of topics including;

Yoga

Meditation & Relaxation

Mindfulness

Resilience

Anxiety

Procrastination

Grief

Developing Healthy Relationships

Emotional Regulation Skillset

Safe & Sound Protocol (SSP)

Our workshops are delivered in person.

The links for all online workshops will be available on our website:

<https://www.maynoothuniversity.ie/campus-life/student-wellbeing-support/counselling/workshops>



If you are a member of staff and would like a workshop on a specific topic or theme, please contact Reception on

01-708 3554

KORU MINDFULNESS

Open your mind. Manage your stress. Learn mindfulness & meditation. 4 week Mindfulness Programme.



WHEN

Tuesdays 11.00-12.15pm

November 7th, 14th, 21st, 28th

LOCATION

An Tobar; Ground Floor, Student Services Centre

KORU MINDFULNESS RETREAT

A half day silent, mindfulness retreat for students who wish to try a more intense mindfulness experience.

December 19th @ 11.00am-12.30pm

An Tobar; Ground Floor, Student Services Centre



STRETCH & RELAX YOGA

Free 10 week Yoga series open to all levels. Learn to relax, reduce stress and anxiety, improve focus and feel happier with yoga.



WHEN

Tuesday's @ 1pm
Oct 3rd, 10th, 17th, 24th
Nov 7th, 14th, 21st, 28th
Dec 5th, 12th

***No class Tuesday October 31st due to study week*

LOCATION

An Tobar; Ground Floor, Student Services Centre

Drop in anytime for a taster class, a one-off session, **or** complete 5 sessions during the semester and receive a free gift!

Find out more about this class online;

<https://bit.ly/3QEWt8h>

MEDITATION & RELAXATION

If we notice a sense of pressure and stress in life, it is important that we counterbalance with positive activities. Regular time out for meditation and relaxation practice can support a reduction in stress and anxiety, improve our mood, and enhance our sense of joy.



This class is for complete beginners, those who are well practiced with meditation, and those attending the MU Koru Mindfulness Programme who wish to have a weekly group to practice with. Being part of a group really helps us create and stick to new habits.

This class will offer a mix of mindful movement, standing/sitting meditations, visualisation, progressive muscular relaxation and some laughter mixed in too.

WHEN

Wednesday's 1-2pm

Starts: October 11th

Ends: December 6th

***No class Wednesday November 1st due to Study Week*

LOCATION

An Tobar; Ground Floor, Student Services Centre

ANXIETY SERIES

This series offers tips on how to cope with anxiety, how to identify triggers, and how to manage your anxiety using the theory and practice of Cognitive Behavioural Therapy (CBT).



IMPROVE YOUR MOOD

Looking at ways to tackle anxiety and low mood via CBT.

WHEN

Wednesday November 8th @ 12pm

LOCATION

An Tobar; Ground Floor, Student Services Centre

LESS STRESS, MORE SUCCESS

Top tips for managing exam anxiety.

WHEN

Thursday December 7th @ 12pm

LOCATION

An Tobar; Ground Floor, Student Services Centre

EMOTIONAL REGULATION SKILLS GROUP

A 7-week series focusing on understanding our emotional regulation skillset. This will include understanding the fight or flight response, our window of tolerance, and other strategies and practices



WHEN

Tuesday's 3.30-4.30pm
October 24th
November 7th, 14th, 21st, 28th
December 5th, 12th

LOCATION

An Tobar; Ground Floor, Student Services Centre

Weekly Breakdown

Each week, we'll explore practical strategies and practices that will enhance your emotional well-being, help you stay focused during lectures, and build stronger connections with your peers.

- Week 1** An introduction to DBT (Dialectical Behaviour Therapy).
- Week 2** How to tolerate distress and regulate emotions.
- Week 3** How the brain can be retrained for improved mental health.
- Week 4** Exploring 'emotional regulation.'
- Week 5** Strategies of Self-Care that support self-regulation and wellbeing.
- Week 6** Social Interactions and relationship skills.
- Week 7** Review of skills learnt using a self-compassion lens.

BODY PROJECT

The Body Project is a group-based intervention that is designed to challenge the appearance ideals prevalent in society today.

It provides a forum for students to confront unrealistic appearance ideals and develop healthy body image and self-esteem.

The programme runs for one hour a week over 4 weeks. Max 10 students.

See our website for relevant dates:

<https://www.maynoothuniversity.ie/campus-life/student-wellbeing-support/counselling/workshops>

If you would like to join us for the next group, or to learn more, then please email barbara.mahon@mu.ie putting BODY PROJECT in the subject line.

GRIEF

This workshop will explore the impact of grief and loss and how we cope with the emotional & physical loss of someone we love.



WHEN

Wednesday November 8th @ 3pm

LOCATION

An Tobar; Ground Floor, Student Services Centre

SSP

The Safe and Sound Protocol (SSP) music is designed to help people feel calm, relaxed, and connected to others.

This Workshop complements the music intervention and focuses on the body's nervous system, which controls how we react to stress and interact with people around us.



The Safe and Sound Protocol (SSP)

WHEN

Tuesday November 7th @ 2-3pm

Tuesday December 5th @ 2-3pm

LOCATION

An Tobar; Ground Floor, Student Services Centre

RESILIENCE

Both workshops will reflect on self-care and coping mechanisms for dealing with stressful situations, and identifying practical strategies for enhancing personal resilience.



WHEN

Monday October 9th @ 11-11.45am

LOCATION

MU Library, South Campus— for room number check;
<https://www.maynoothuniversity.ie/library/list>

WHEN

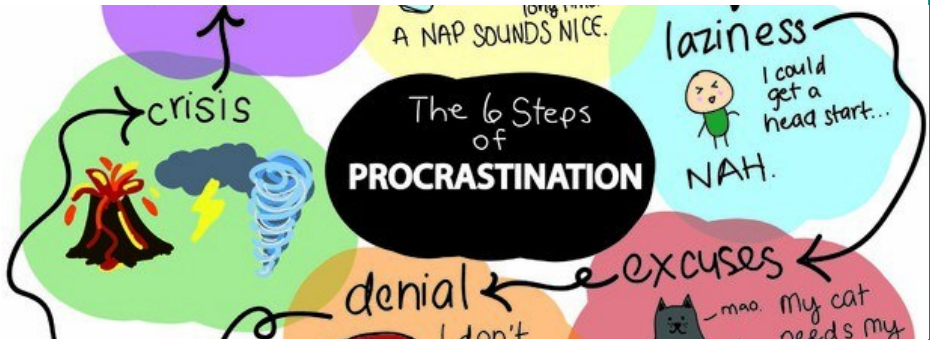
Monday October 16th @ 3-4pm

LOCATION

An Tobar; Ground Floor, Student Services Centre

DON'T PUT IT OFF

Both workshops will explore the factors that keep our procrastination habits going and offer strategies to address them.



WHEN

Tuesday October 17th @ 12-12.45pm

LOCATION

MU Library, South Campus— for room number check;

<https://www.maynoothuniversity.ie/library/list>

WHEN

Wednesday November 22nd @ 3pm

LOCATION

An Tobar; Ground Floor, Student Services Centre

WHAT'S ON OFFER

Session will focus on how the various supports and resources available from the Counselling Service, and Student Services, can help you make the most of your first semester.



text about it

text MU
50808



WHEN

Thursday September 28th @ 12-12.45pm

LOCATION

MU Library, South Campus

MU Library LIST

From September 28th to October 17th the Counselling Service will facilitate a number of workshops in MU Library in collaboration with the Library LIST Programme.

Please click Library link for more details:

<https://www.maynoothuniversity.ie/library/list>

FIRST IMPRESSIONS: CONNECTING WITH PEERS

This session will provide some strategies for making friends and keeping them.



WHEN

Monday October 2nd @ 2-2.45pm

LOCATION

MU Library, South Campus

MU Library LIST

From September 28th to October 17th the Counselling Service will facilitate a number of workshops in MU Library in collaboration with the Library LIST Programme.

Please click Library link for more details:

<https://www.maynoothuniversity.ie/library/list>

BALANCE, WORK AND PLAY

Maintaining boundaries can be difficult during busy times. This session will focus on getting the balance right between work and play so you can enjoy your college experience to the full.



WHEN

Wednesday October 4th @ 3pm-3.45pm

LOCATION

MU Library, South Campus

MU Library LIST

From September 28th to October 17th the Counselling Service will facilitate a number of workshops in MU Library in collaboration with the Library LIST Programme.

Please click Library link for more details:

<https://www.maynoothuniversity.ie/library/list>

YOGA FOR WELL-BEING

Experiential session that will focus on how yoga can help alleviate stress and build confidence.



WHEN

Thursday October 12th @ 4pm-4.45pm

LOCATION

MU Library, South Campus

MU Library LIST

From September 28th to October 17th the Counselling Service will facilitate a number of workshops in MU Library in collaboration with the Library LIST Programme.

Please click Library link for more details:

<https://www.maynoothuniversity.ie/library/list>

OTHER SUPPORTS

ONE-TO-ONE COUNSELLING SESSIONS

A counselling appointment can be booked by calling 01 708 3554 sending a call back request via this link: <https://www.maynoothuniversity.ie/node/394198> by scanning this QR code: Sessions are 50 minutes in duration and must be booked in advance. Service is strictly confidential.



WALK-IN WEDNESDAYS

Every Wednesday during term-time, we run a Walk-In Service from 9.15am-12.30pm. No appointment necessary. These are short 20 mins sessions available to any student who is **not** already linked in with us. If a student has seen us before, they must call to schedule an appointment instead.



TOGETHERALL

An online mental health and wellbeing peer support community that gives access to a safe, anonymous, and professionally moderated community where people can share experiences and support each other.



SILVERCLOUD

An online digital mental health platform offering a range of modules on various topics from sleep, financial worries, depression etc. You can work through the modules yourself (Self-directed) or work collaboratively with your counsellor as an aid to therapy (Supported).



SPEAKOUT

Speak Out is an online anonymous reporting tool available to staff and students to disclose incidents of bullying, cyberbullying, harassment, discrimination, hate crime, coercive behaviour/control, stalking, assault, sexual harassment, sexual assault, and rape.



TEXT MU to 50808

50808 is a free 24/7 text service, providing everything from a calming chat to immediate support for people going through a mental health or emotional crisis - big or small. To get text support at any time with a trained volunteer simply Text MU to 50808.

text about it

text MU
50808

SAFE & SOUND PROTOCOL (SSP)

SSP is an integrated listening system providing auditory intervention designed to reduce stress, improve brain function, and regulate your nervous system, your body and your mind. You can avail of this resource by linking in with a counsellor on the Team. For more information check out our SSP webpage:



<https://www.maynoothuniversity.ie/campus-life/student-wellbeing-support/counselling/safe-sound-protocol-ssp>

Please see our website for more information:
<https://www.maynoothuniversity.ie/campus-life/student-wellbeing-support/counselling>



SCAN ME

CONTACT US

PHONE RECEPTION

01-708 3554

Monday - Friday: 09.00-13.00/14.00-17.00

REQUEST A CALL BACK



DROP-INTO RECEPTION

Top Floor, Student Services Centre, North
Campus

The Student Counselling Service is a professional, confidential counselling service provided to all registered students of Maynooth University.

Counselling provides the opportunity for any student to discuss in private any concerns which may be impacting on academic performance or personal health and well-being.

Counselling is generally offered on a one to one basis, is short-term in nature, strictly confidential and provided free of charge.

Self-referral to the Service is welcomed and encouraged.