



WELLBEING
WORKSHOPS
2021-2022
Semester One

SSP MONTHLY WORKSHOP

A space to explore how to regulate your nervous system response to stress using evidence based neurobiology.



TUES SEPT 7TH, OCT 5TH, NOV 2ND, DEC 7TH @ 2PM-3PM

Location: Online via Teams

YOGA FOR INSOMNIA

As part of our 'Wellness Wednesday' series this workshop will focus on yoga to combat insomnia.



WEDNESDAY OCTOBER 6TH @ 1-2PM

Location: Online via Teams

HEALTHY RELATIONSHIPS & BOUNDARIES

Supporting students living on campus to get to know each other & promote healthy relationships & boundaries.



THURSDAY OCTOBER 7TH @ 2-4PM

Location: Online via Teams

KORU: OPEN YOUR MIND. MANAGE YOUR STRESS.

4 week workshop teaching mindfulness & meditation.



TUES OCT 12TH & 19TH / NOV 2ND & 9TH @ 12-1.15PM

Location: Online via Teams

YOGA FOR STRESS RELIEF

As part of our 'Wellness Wednesday' series this workshop will focus on yoga for stress relief.



WEDNESDAY OCTOBER 13TH @ 1-2PM

Location: Online via Teams

WORKING WELL WITH TIME

Helping you to get organized, focused and motivated to support your academic success.



THURSDAY OCTOBER 14TH @ 12-1PM

Location: Online via Teams

LEARNING TO RESPOND TO STRESS

Post-Graduate Workshop: Identifying signs & symptoms of stress and strategies to reduce it.



THURSDAY OCTOBER 14TH @ 2-3PM

Location: Online via Teams

YOGA FOR ANXIETY & PANIC ATTACKS

As part of our 'Wellness Wednesday' series this workshop will focus on yoga for anxiety and panic attacks.



WEDNESDAY OCTOBER 20TH @ 1-2PM

Location: Online via Teams

MINIMISING STRESS, MAXIMISING LEARNING

Explore the effects of stress on study, and learn tools to help enhance your learning experience.



THURSDAY OCTOBER 21ST @ 12-1PM

Location: Online via Teams

YOGA FOR MOOD MANAGEMENT

Learn how yoga can help us to better manage our mood.



WEDNESDAY OCTOBER 27TH @ 1-2PM

Location: Online via Teams

DBT WEEK 1: INTRODUCTION TO DBT

7 week series introducing self-assessment models including the 'window of tolerance' & learning about fight/flight responses.



WEDNESDAY NOVEMBER 3RD @ 12-1PM

Location: Online via Teams

STUDY SKILLS ENHANCED BY SELF-CARE

Gain ideas & guidance to make self-care a priority to support the quality of your study & your overall health.



THURSDAY NOVEMBER 4TH @ 12-1PM

Location: Online via Teams

DBT 2: DISTRESS TOLERANCE & SELF REGULATION

Exploration of what distress tolerance is and how to widen our window of tolerance.



WEDNESDAY NOVEMBER 10TH @ 12-1PM

Location: Online via Teams

PRACTICING SUPPORTIVE SOCIAL MEDIA USE

Look at setting healthy boundaries around social media use and understand the effects of unhealthy usage.



THURSDAY NOVEMBER 11TH @ 12-1PM

Location: Online via Teams

DEVELOPING RESILIENCE

Post-Graduate Workshop: Exploring resilience, identifying strategies, reflecting on self-care & coping mechanisms for dealing with stressful situations.



MONDAY NOVEMBER 15TH @ 10AM-1PM

Location: Online via Teams

DBT 3: NEUROCEPTION & NEUROPLASTICITY

Exploring the science behind the practical exercises through understanding Neuroception and Neuroplasticity.



WEDNESDAY NOVEMBER 17TH @ 12-1PM

Location: Online via Teams

STUDY SKILLS PEER ASK AND SHARE

This workshop gives you the opportunity to discuss tips that support study.



THURSDAY NOVEMBER 18TH @ 12-1PM

Location: Online via Teams

GRIEF SUPPORT: 'EVERY LOSS IS UNIQUE'

Three-part series on understanding the impact of grief & loss.



MONDAY NOVEMBER 22ND @ 1-2PM

Location: Online via Teams

KORU: OPEN YOUR MIND. MANAGE YOUR STRESS.

4 week workshop teaching mindfulness & meditation.



TUES NOV 23RD & 30TH / DEC 7TH & 14TH @ 12-1.15PM

Location: Online via Teams

DBT 4: EMOTIONAL REGULATION SKILL SET

Continuation into the exploration of emotional regulation incorporating practical exercises for self-regulation skills.

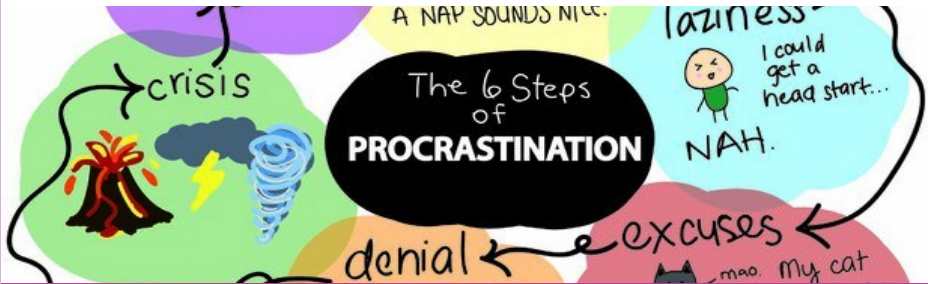


WEDNESDAY NOVEMBER 24TH @ 12-1PM

Location: Online via Teams

DEALING WITH PROCRASTINATION

Exploring the factors behind our procrastination habits and offers strategies to address them.



THURSDAY NOVEMBER 25TH @ 12-1PM

Location: Online via Teams

RELAXATION & MINDFULNESS PRACTICE

Navigating the overload by introducing mindfulness practice.



THURSDAY NOVEMBER 25TH @ 2-3PM

Location: Online via Teams

GRIEF SUPPORT: 'IS THIS NORMAL?'

Exploring different physical, emotional & psychological symptoms that are uniquely experienced at a time of loss, and how we make sense of them.



MONDAY NOVEMBER 29TH @ 1-2PM

Location: Online via Teams

SUPPORTING A FRIEND TO DISCLOSE

Peer to Peer supportive listening and sign-posting when a friend/peer discloses sexual assault, harassment or abuse.

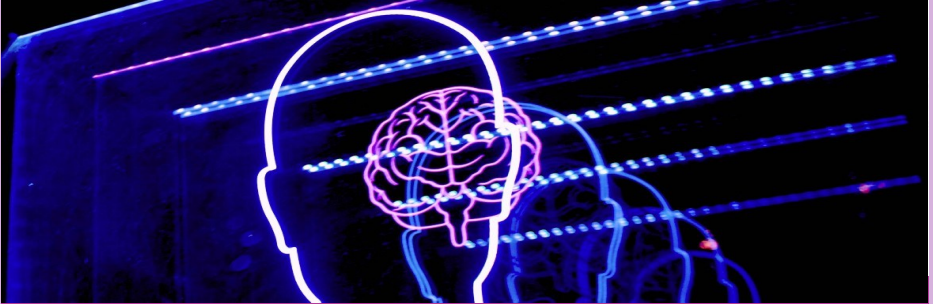


MONDAY NOVEMBER 29TH @ 2-3PM

Location: Online via Teams

DBT 5: EMOTIONAL REGULATION & SELF-CARE

Introduction to strategies of Self Care. Thinking, observing and responding to needs that support self-regulation and wellbeing.



WEDNESDAY DECEMBER 1ST @ 12-1PM

Location: Online via Teams

GRIEF SUPPORT: 'SUPPORT ALONG THE WAY'

Exploring self-care strategies & coping tools to help ease the pain of loss. Sharing ideas for creative expression to help support you with your grief.



MONDAY DECEMBER 6TH @ 1-2PM

Location: Online via Teams

DBT 6: INTERPERSONAL EFFECTIVENESS SKILLSET

Exploring interpersonal effectiveness including skills to support boundaries, respect and consent.



WEDNESDAY DECEMBER 8TH @ 12-1PM

Location: Online via Teams

DBT 7: SUSTAINING CHANGE

Reviewing skills as participants reflect on previous learning through a self-compassion lens.



WEDNESDAY DECEMBER 15TH @ 12-1PM

Location: Online via Teams

KORU: MINDFULNESS RETREAT

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



THURSDAY DECEMBER 17TH @ 2-5PM

Location: Online via Teams



Make the time to mind yourself!

*All workshops for
Semester One will be run
online via Microsoft Teams*

**Workshop links are available
on our website;**

[https://www.maynoothuniversity.ie/campus-
life/student-wellbeing-support/counselling/
workshops](https://www.maynoothuniversity.ie/campus-life/student-wellbeing-support/counselling/workshops)

CONTACT US

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.

TO MAKE AN APPOINTMENT

Call us on 01 708 3554

Monday - Friday 09.00-13.00/14.00-17.00

CALL BACK REQUEST

To request a Call Back from the service go to;

<https://www.maynoothuniversity.ie/node/394198>