



WELLBEING WORKSHOPS Semester Two

MINDFULNESS & RELAXATION CLASS

We will be running a weekly class throughout Feb, March & April.



EVERY TUESDAY @ 12PM FROM FEB 2ND TO APRIL 22ND

Location: Online, Microsoft Teams

ONLINE POETRY GROUP

Each month has a different theme and we will explore chosen poems.

No preparation required.



FRIDAY FEB 5TH & FRIDAY MARCH 5TH @ 2PM

Location: Online, Microsoft Teams

DATING AND RELATIONSHIPS

Being held in conjunction with MSU as part of SHAG Week.



WEDNESDAY FEBRUARY 10TH @ 1pm

Location: Online, Microsoft Teams

DEVELOPING RESILIENCE

Providing research students with guidance on how to build resilience and develop coping strategies for a dynamic workplace.

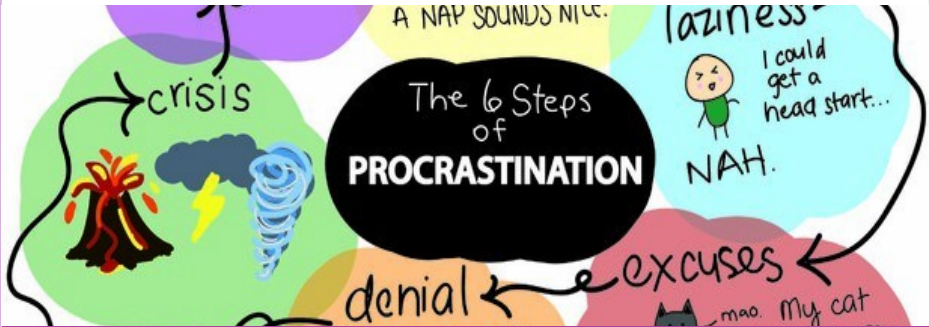


MONDAY MARCH 1ST @ 10AM

Location: Online, Microsoft Teams

PROCRASTINATION

Explore key strategies to avoid falling into the trap of procrastination.



WEDNESDAY MARCH 3RD @ 12PM

Location: Online, Microsoft Teams

YOGA FOR BEGINNERS - ANXIETY/STRESS

Be Relaxed: Yoga for Stress & Anxiety.



MONDAY MARCH 8TH 3.30PM

Location: Online, Microsoft Teams

WELLBEING SERIES: ACADEMIC SUCCESS

Get organised, get focused, and get motivated to support your academic success.

WELLBEING

THURSDAY MARCH 11TH @ 3PM

Location: Online, Microsoft Teams

BEREAVEMENT

Opportunity to explore impact of grief and loss during these challenging times.



MONDAY MARCH 22ND @ 12.00

Location: Online, Microsoft Teams

YOGA FOR BEGINNERS - DEPRESSION

Be Positive: Yoga to uplift your mood.



MONDAY MARCH 22ND @ 3.30PM

Location: Online, Microsoft Teams

UNDERSTANDING ANXIETY

Learn how you can support yourself in building resilience and lessening the unwanted effects of anxiety in your life.



WEDNESDAY MARCH 24TH @ 12PM

Location: Online, Microsoft Teams

WELLBEING SERIES: SELF-CARE

Gain ideas and guidance to make self-care a priority to support your overall health.

WELLBEING

THURSDAY MARCH 25TH @ 3.30PM

Location: Online, Microsoft Teams

YOGA FOR BEGINNERS - CONCENTRATION & MOVEMENT

Be Motivated: Yoga to boost concentration & motivation.

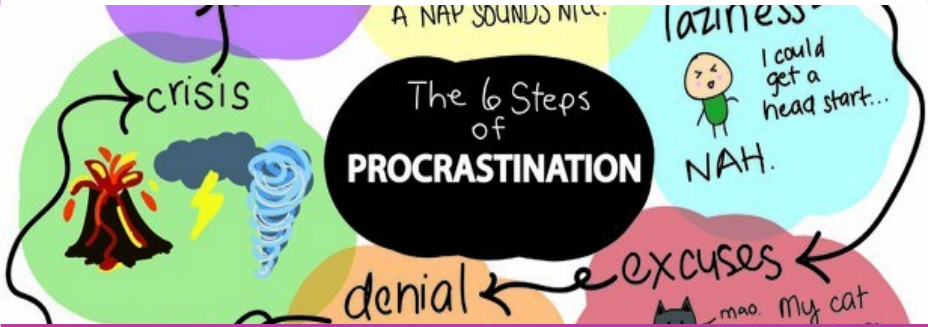


MONDAY APRIL 12TH @ 3.30PM

Location: Online, Microsoft Teams

PROCRASTINATION

Explore key strategies to avoid falling into the trap of procrastination.



WEDNESDAY APRIL 14TH @ 12PM

Location: Online, Microsoft Teams

WELLBEING SERIES: SOCIAL MEDIA

Learn how to set healthy boundaries around social media use and understand the effects of unhealthy usage.



THURSDAY APRIL 22ND @ 3.30PM

Location: Online, Microsoft Teams

YOGA FOR BEGINNERS - SLEEP DISRUPTION

Be Rested: Yoga for better sleep.



MONDAY APRIL 19TH @ 3.30PM

Location: Online, Microsoft Teams

EXAM ANXIETY

Learn how to prepare and look after yourself during times when you have increased anxiety. Specific focus on exam times.



WEDNESDAY APRIL 21ST @ 12PM

Location: Online, Microsoft Teams

WELLBEING SERIES: MINIMISE STRESS & MAXIMISE LEARNING

Giving you some tools to help manage stress which will help enhance your learning experience.



THURSDAY APRIL 29TH @ 3.30PM

Location: Online, Microsoft Teams

WORKSHOP LINKS

To attend any of our online workshops please go to our **WORKSHOP WEBPAGE** and click on the link to join;

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

TO CONTACT US PLEASE CALL 01-708 3554

Monday to Friday 09.00-13.00 / 14.00-17.00

TO MAKE AN APPOINTMENT

The Counselling Service is open for Phone & Online sessions.

To make an appointment call us on **01-708 3554** between the hours of 09.00-13.00 / 14.00-17.00 Monday to Friday.

Or send us a call back request using this link;

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



MAKE TIME TO MIND YOURSELF!