



WELLBEING WORKSHOPS 2019

MINDFULNESS WALK

A walk with others. Letting go of the mental chatter and opening up sensual awareness.



EVERY WEDNESDAY: LEAVE @ 1.15-2PM

Meeting Point: Ground Floor Foyer, Student Services Centre

RELAXATION & MINDFUL PRACTICES

An experiential workshop that can bring relaxation into your week benefiting physical and mental wellbeing.



OCT 14TH & 21ST / NOV 4TH, 11TH, 18TH, 225TH @ 3.30PM

Location: An Tobar, Student Services Centre

CHANGE YOUR THINKING

There are different types of thought patterns “traps” - learning to recognise these is your first step to overcoming them.



OCT 15TH & 22ND / NOV 5TH, 12TH, 19TH, 26TH @ 3.30PM

Location: An Tobar, Student Services Centre

SELF-CARE: ONE THING AT A TIME

Provides a space for you to learn how to take care of your mental/physical wellbeing by making one small change.



OCT 16TH & 23RD / NOV 6TH, 13TH, 20TH, 27TH @ 3.30PM

Location: An Tobar, Student Services Centre

SMALL TALK

Small Talk is a Practical Workshop that aims to support you to build confidence in social situations.



OCT 17TH & 24TH/ NOV 7TH, 14TH, 21ST, 28TH @ 3.30PM

Location: An Tobar, Student Services Centre

DEVELOPING RESILIENCE

Explore an understanding of what personal resilience means and identify strategies to manage stressful situations.



OCTOBER 14TH & NOVEMBER 7TH @ 12.15PM

Location: Seminar Room 2, Library

MANAGING YOUR ANXIETY

This workshop explains different types of anxiety, and ways to manage them and move forward.



OCTOBER 17TH & NOVEMBER 14TH @ 12.15PM

Location: Seminar Room 2, Library

STAYING MINDFUL

Mindfulness helps increase our ability to regulate emotions, decrease stress/anxiety/depression and focus our attention.



OCTOBER 23RD & NOVEMBER 6TH @ 12.15PM

Location: Seminar Room2 , Library

STRESS MANAGEMENT

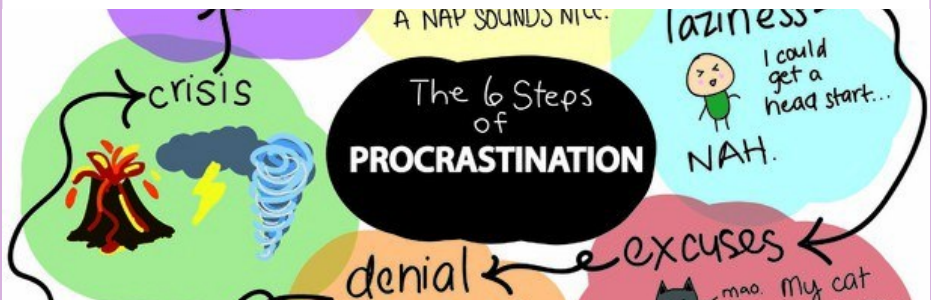
Managing our daily stress levels is important. Develop better techniques to manage yours.



OCTOBER 16TH @ 12.15PM

DEALING WITH PROCRASTINATION

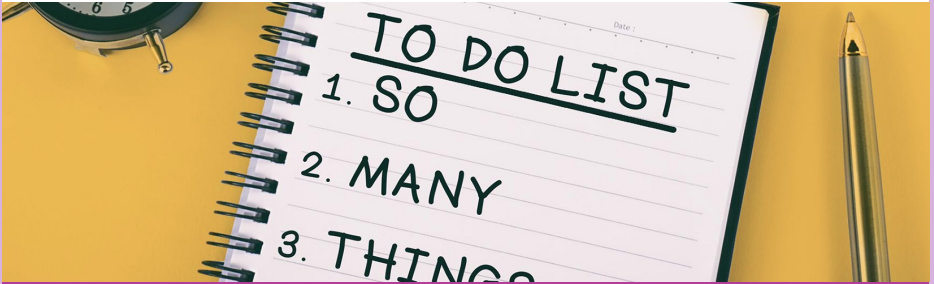
Explore key strategies to avoid falling into the trap of procrastination.



OCTOBER 21ST & NOVEMBER 11TH @ 12.15PM

COPING WITH THE OVERLOAD

Explore key techniques to cope with the overload so that you can try and bring your to do lists to a manageable level.



NOVEMBER 4TH @ 12.15PM



Make the time to mind yourself!

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

Drop in to the Counselling Service Reception;
Top Floor, Student Services Centre, North Campus (behind the John Hume building)

DROP-IN SERVICE

Daily Drop-In Service: 2-3pm Monday to Friday.

No appointment necessary, just turn up.