**Drop-In Wellbeing Sessions
(No Booking Required)**

**Everyday Meditation:**Available for all students to practice meditation in a small group setting. Beginners should come along at 12.10pm and have a chat with the facilitator. The meditation session starts at 12.20pm and finishes at 12.50pm.

Sessions take place **Monday to Friday 12:20pm** within the Wellbeing room, Level 2 of the Livingstone Tower.

**Being Well Group:**
This group is open to all students, and runs on a three week rolling programme. The aim of the group is to allow students to enhance their mental wellbeing by increasing their capacity to, Connect, Take Notice (Mindfulness), Be Active, Learn and Give. The programme also introduces participants to many of the positive psychology interventions which have been proven to increase mental wellbeing. During the programme students will be able to meet members of Strathclyde Sport, find out how they can participate in a personalised sports centre induction and be offered 12-week free membership to Strathclyde Sport. They will also meet members from the Student's Union, be encouraged to join a wide variety of clubs and societies and find out how to engage in volunteering within the students’ union.
Sessions take place every **Wednesday 3pm to 4.30pm within the Chaplaincy**.
This is a rolling programme, so students should attend on **their** first available Wednesday.

**Hypnotherapy:**
This is a weekly ongoing term-only drop in session for all students, no booking is required. In the session students will find out about the benefit of hypnotherapy and learn a new skill to use independently. Students will develop their natural ability to go into a pleasant state of relaxation/trance where the conscious mind is calmed and the body is comfortably at ease. In this daydreaming like state they will be more responsive to positive suggestions that will support their general wellbeing and enhance their capacities to use their inner resources more fully. This is a natural, safe and effective way to make contact with the inner, unconscious self with its reservoir of potential, insight and knowledge.
Sessions take place in the Chaplaincy Centre Graham Hills building, Level 2, Sacred Space at **2:00 pm on Wednesdays**. For any further enquiry you can contact Silvia Piccinini (Counselling)

**Mindfulness 4-week drop-in programme:**
This programme is open to the general student population, and introduces students to the fundamentals of mindfulness.
Sessions take place every **Thursday 10.30am to 12 noon** within the Chaplaincy.
This is a rolling programme, so students should attend on **their** first available Thursday.

**Bookable Wellbeing Programmes**

**Action for Happiness:**
This is an eight-week programme open to all Strathclyde Students. The programme covers many positive psychology themes which allow participants to enhance their mental wellbeing. This course will run in both semesters and will be facilitated by 3rd and 4th year Psychology students.
Sessions are bookable through the DAT Booking System, there are only two joining dates for this programme throughout the year. Students have to pay a minimum donation of £1 to join the programme.

**Looking After Your Mate:**
This (3 hour) programme is available to all Strathclyde Students and will provide participants with basic knowledge and skills on how to support a friend who is experiencing emotional distress, through listening and sign-posting.
Sessions are bookable through the DAT Booking System.

**Mindfulness based stress Reduction (MBSR)**:
This is an eight-week programme with a one-day silent retreat, open to all Strathclyde Students. MBSR is particularly effective with students experiencing stress and anxiety. There will be one programme run in each semester.
Sessions are bookable through the DAT booking system.

**Mindfulness based cognitive therapy (MBCT):**
This is an eight-week programme with a one-day silent retreat, open to all Strathclyde Students. MBCT is particularly effective with students experiencing depression. There will be one programme run in each semester.
Sessions are bookable through the DAT booking system.

**Stress Buster:**
This is a four week long CBT programme available to all Strathclyde Students and focuses specifically on stress. In semester 2 the programmes will be run by students and staff from the Department of Sports, Health and Psychology.
Sessions are bookable through the DAT Booking System.

# **Write to recovery****:** A supportive 9-week group for anyone who has gone through or is experiencing emotional distress (so everyone is welcome) & would like to enjoy the therapeutic benefits of getting it out of your head & onto the page. “Writing will help you unravel the knots in your heart” says Louise DeSalvo. Whether you would like to use the group to support mental health recovery or just to stay well in the face of the challenging demands of university life, you are very welcome to attend.Sessions are bookable through the DAT booking system: <https://bookings.strath.ac.uk/>

Good self-help workbooks are available at the Centre for Clinical Interventions Website:

https://www.cci.health.wa.gov.au/resources/looking-after-yourself

**Top Tips to a Happier, Healthier You!**

**Healthy Eating**:Eating healthily does more than just keep your body healthy; it improves concentration, boosts energy levels and reduces that low, tired & sluggish feeling. Eat well by having regular meals, and maintain a balanced diet with vegetables and starchy foods. Opt for healthy snacks such as fruits, nuts and seeds. Keep well hydrated by drinking plenty of water, as dehydration can cause irritability and difficulty with concentration. Try to avoid too much caffeine or high sugar drinks.

**Sleep:**Sleep is a vital element in maintaining your physical health, mental health and overall well-being. That's why it’s important to implement a regular sleeping routine and develop sleeping techniques that work for you. Try the following techniques to get a better night’s sleep: ensure that your room is cool, dark and quiet allowing you to feel calm and relaxed; ensure that all laptops, smart phones, iPad’s and TV's are switched off, as they can be distracting and stop you from getting to sleep; consider a milky drink or herbal tea, as these can be calming and help improve sleep.

**Exercise:**
Exercise is an important activity to try to incorporate into everyday life, as it does wonderful things for both the body and mind! You don’t need to be spending hours thrashing it out in the gym to be getting those endorphins in the brain going. Even moderate exercise such as going for a walk releases endorphins in the brain, which boosts your mood and makes you feel better. If you love gym time or fancy trying a new class, Strathclyde Sport offers a variety of classes for all abilities.

**Socialising/Hobbies**:
It is important to keep up with people who have a positive impact on your life and to keep up favourite hobbies and/or find new interests. Socialising and hobbies help to reduce the build-up of stress and give you a break from your hectic life. Joining a club or society not only gives you the opportunity to try something new or continue doing a hobby or interest you love; it’s also a great way to meet new people.

**Relaxation/Me time**:
Relaxation and 'Me time' is an important element of everyday life and aids in reducing the build-up of stress. Taking some time out from our busy lives for relaxation and 'me time' can take many forms, such as going out for hike or having a laugh with friends watching a favourite film. Pampering yourself and taking care of yourself can really boost your self-esteem, make you feel good about yourself, and can be something fun to do with family or friends. Meditation and deep relaxation is an important technique to incorporate into daily life, as it’s a great way to relax and de-stress.

**Positive thinking**:
It can be hard when you feel weighed down by your worries and responsibilities to see the positive and good things in your life. A great technique is to keep a diary and write down one to three positive things that occurred during that day and why they made you smile.

**Accessing Support**

The Disability and Wellbeing Service would strongly encourage you to contact your GP urgently should you consider yourself to be at risk, or require medical treatment.
Your GP can provide further assessment of your symptoms, discuss treatment options and refer you onto Specialist Services.
If your GP is closed, their answerphone will direct you to the appropriate support service, or you can call NHS 24 on 111.

If it is an emergency situation, the following Emergency Services are available:

* Campus Security via calling 0141 548 2222.
* Emergency Services via calling 999.
* [Accident & Emergency](http://www.nhsggc.org.uk/content/default.asp?page=s764&service_id=45) Service nearest to the University is the Glasgow Royal Infirmary in Castle Street, Glasgow G4.
* [NHS 24](http://www.nhs24.com/) on 111 for Health Information and Self Care Advice.

If you need to talk to someone, below are a list of supports that are available:

* [Samaritans](http://www.samaritans.org/how-we-can-help-you/contact-us) Glasgow 0141 248 4488 or email  jo@samaritans.org anytime.
* [Breathing Space](http://www.breathingspacescotland.co.uk/bspace/controller?p_service=Content.show&p_applic=CCC&pContentID=190&pMenuID=111&pElementID=115) 0800 83 85 87 (All weekend and Monday to Friday 6pm - 2am)
* [Nightline](http://www.scnightline.com/) 0141 552 2555 (for students and staffed by local student volunteers) someone to talk to and will often be able to help with general information questions. 7pm to 7am, Monday to Friday during term time.
* It may also be helpful for you to talk to a friend or family member.

There are also a number of self-help resources on our website that you may find useful which can be found here :
[www.strath.ac.uk/disablityandwellbeing](http://www.strath.ac.uk/disablityandwellbeing)

**Academic Support**

For matters relating to your studies, there are many departments within the University that can provide advice and support. Further information on support services can be found on [www.strath.ac.uk/sees/](http://www.strath.ac.uk/sees/)

The University website provides additional information on absence, personal circumstances and appeals. <https://www.strath.ac.uk/>