



Queen's University
Belfast

DEGREEPLUS
www.qub.ac.uk/degreeplus

life skills workshops

Wednesdays, 3.15pm
Peter Froggatt Centre

Second Floor, Room 17
(PFC/02/017)



Life skills workshops

Wednesday 19th February: Managing Stress in Everyday Life

This workshop considers sources of stress in everyday life, the impact that these can have on our feelings and behaviours, and strategies to cope when feeling stressed or under pressure.

Wednesday 26th February: Dealing with Change

We often have changes occurring in our lives, leaving us feeling quite disorientated and insecure. This workshop considers how the individual may adapt effectively to changing circumstances.

Wednesday 5th March: Understanding Anxiety and Depression

This talk describes the symptoms and possible causes of anxiety and depression, and some ways to try to alleviate their impact on our lives.

Wednesday 12th March: Understanding Group Thinking

We are constantly part of various groups in our lives, based on friendship, family, study, employment etc. This talk reflects on the benefits and disadvantages of being part of a group, and why we may adapt ourselves to fit into different groups.

Wednesday 19th March: Being our own Worst Enemy

This talk looks at the various types of thought patterns that may inhibit our ability to complete the things we want to do, and suggests some ideas to help overcome these obstacles.

Wednesday 26th March: Speaking your Mind (Room 18)

This talk considers what might make it difficult for someone to speak their mind, and outlines a strategy to enable someone to say what they want to say effectively, and without undue anxiety.

Wednesday 2nd April: Understanding Bereavement and Loss

This talk will explore the nature and impact of the grieving process, and how we can help ourselves and others to deal with it.

Book your attendance by e-mailing:
studentwellbeing@qub.ac.uk

