



STUDENT WELLBEING

WELLBEING ON WEEKDAYS (WOW)

SEMESTER TWO

**LIVE WELL.
BE WELL.**



12:30pm - 1:15pm, Wednesday 13 January

You do not need a fancy home gym! Queen's Sport is bringing you a workout specifically designed for small spaces, without disturbing your furniture or bothering your neighbours. No equipments necessary!

REGISTER



1:00pm - 2:00pm, Wednesday 20 January

This webinar will focus motivation, self-confidence and building self-esteem through mindfulness. Join us and learn some tools and techniques on how you can reach your 2021 goals and building resilience against challenges in our lives.

REGISTER



1:00pm - 2:30pm, Wednesday 27 January

Walking is a great way to improve you health and fitness, and also spend some time outdoors and spend time with people. Join us for a group walk near the main campus followed by hot chocolate and a treat!

REGISTER



5:00pm - 6:00pm, Thursday 4 February

Want to try some different recipes? Join our cook-a-long livestream where the Student Wellbeing Team will be taking you through some student-friendly recipes at a low cost and how you can prepare them at home!

REGISTER



Monday 8 February, Sunday 14 February

Love is a theme that has been explored by artists throughout the years, and photography is no exception. Our challenge this week is to capture 'love' in a photo and submit it to our competition. Some great prizes up for grabs!

REGISTER



1:00pm - 2:00pm, Tuesday 16 February

Looking for a new flat and not sure where to begin? AdviceSU has kindly designed this webinar to tackle all of your burning questions about housing and offer you some tips and tricks to help you in your housing endeavours.

REGISTER



4:30pm - 6:00pm, Wednesday 24 February

Student Wellbeing are hosting a virtual game night on Wednesday 24 February to bring students together from the comfort of your own homes, and immerse yourselves in some healthy competition.

REGISTER



Monday 1 March - Friday 5 March

University Mental Health Day. This week will be packed with activities that raise awareness around mental health and inspire conversations, promote support, and encourage people to manage their wellbeing. Watch this space!

REGISTER



12:30pm - 1:15pm, Wednesday 10 March

Student Wellbeing has teamed up with Queen's Sport to offer students a chance to practice some yoga. This 45min class will focus on deep relaxation and help you relieve some stress, previous yoga experience is not required!

REGISTER



2:00pm - 4:00pm, Tuesday 16 March

There are many ways that you can experiment with different colours and patterns, and it is a great way to transform a plain t-shirt into a trendy rainbow masterpiece! Jump on the trend and join us in making your very own t-shirt!

REGISTER



11:00am - 12:00pm, Thursday 25 March

This webinar will look at how aspects of CBT can be used to manage anxiety and help you make sense of overwhelming problems and some tips on how to incorporate these methods and make them part of your self-care routine.

REGISTER



11:00am - 3:00pm, Tuesday 20 April

We at Student Wellbeing want to offer you a little something to help you during this assessment period. You can find us in the McClay Library to offer you a helping hand to get you through this stressful period. You got this!

REGISTER

WHAT IS WOW?

Looking after your physical, mental & emotional health - or Self-Care - are important parts of a healthy lifestyle.

Wellbeing on Weekdays is open to everyone and are designed to give you tangible opportunities for you to practice Self-Care.

Get in touch with us by e-mailing

WOWEvents@qub.ac.uk

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