

# Mind Your Mood NI

## Workshops & Programmes

### 2015/16



## Mind Your Mood NI Overview

Maximum Participants: Unlimited

Cost: Free

Time: 30 Mins

With an ever competitive job market, employers are head hunting graduates who can demonstrate that they have resilience and an ability to manage their emotions in stressful situations. When considering that the Royal College of Psychiatrists identify the particular vulnerability of the student population it is imperative that there is an emphasis on building personal resilience alongside academic endeavor within the student journey. In conjunction with Aware the MYM Campaign is committed to providing emotional education and resilience building workshops in order to actively promote the achievement of good mental health for QUB students. This brief introduction to the MYM campaign outlines the details of these innovative workshops and programmes. These are delivered by trained professionals, available for all schools in QUB and can be conveniently booked through **mindyourmood@qub.ac.uk** An incentive for involvement in these workshops and programmes is the accreditation of the Degree Plus Award. This is an excellent way for students to showcase the skills attained to potential employers, as well as getting recognition for the time invested in attending. This is fitting option for those within schools who have time constraints, though seek to raise awareness of help available to a large body of students.

## Aware's Mood Matters Workshop

Time: 2 Hours 30 minutes

Cost: Contact [mindyourmood@qub.ac.uk](mailto:mindyourmood@qub.ac.uk) for details

Maximum Participants: 30

For many students, the academic journey can include times of extreme stress. It's well known that students can struggle with managing the change from home to university life, new issues with finances, managing money, managing time and studies, changing emotions which undoubtedly has an effect on their academic career and enjoyment in their student journey. The Mood Matters workshop is an educational mental health awareness workshop designed to aid in the de-stigmatization of mental health issues amongst the student body, encouraging help seeking behaviors and building personal resilience. This workshop is interactive and is an excellent option for schools who seek to ensure their students are adequately informed regarding practical self-help strategies for good mental health. The Mood Matters workshop is essential for any schools who would like to promote awareness of the inseparable links between good mental health and academic excellence.

## Aware's Living life to the Full (Life Skills) Programme

Time: 2 Hours (6 Week Programme)      Cost: Contact [mindyourmood@qub.ac.uk](mailto:mindyourmood@qub.ac.uk) for details

Maximum Participants: 20

In order for students to manage the turbulence which inevitably comes with student life the Living Life to The Full programme is an excellent option to develop skills as a preventative intervention recovery programme. This evidence based programme is also clinically approved for those with mild to moderate depression. This CBT based course has been developed by Dr Chris Williams, Professor of Psychological Medicine at Glasgow University and as a group therapy is recommended by the NICE guidelines. By participating in The Living Life To The Full Program students will not only attain accreditation by Degree Plus they will develop specific transferrable skills which increase resilience and is likely to improve academic performance. The impact on communication skills improves emotional intelligence which inevitably helps students to build successful personal and professional relationships. This programme has also been recognised to increase problem solving abilities, including analysis and task management. The attainment of these skills undoubtedly will have an extremely positive effect on not only the students' academic lives but also upon their holistic experience as a student at QUB.

## Aware's Mindfulness Workshop

Time: 2 Hours

Cost: Contact [mindyourmood@qub.ac.uk](mailto:mindyourmood@qub.ac.uk) for details

Maximum Participants: 30

The Aware Mindfulness workshops and six week programmes are delivered by Frank Liddy, a qualified Mindfulness practitioner and qualified integrative humanistic counsellor in association with Aware. Frank has over 25 years' experience in the delivery and practice of mindfulness and is recognised throughout Northern Ireland for his experience and skillfulness in group therapy. The two hour workshop is ideal for an introduction into Mindfulness bringing an awareness to thoughts non judgmentally and facilitating an awakening of the senses through bringing attention to the 'now'. Neuroscientific research is currently revealing many positive findings including improved and sustained concentration as neural pathways are rewired through the practice of noticing and bringing back a wandering attention. When considering that being able to focus and resist distraction is also linked to the ability to control impulses, emotions and achieve long-term goals, this is an essential workshop for students who wish to achieve their full academic potential.

## Aware's Mindfulness Programme

Time: 2 Hours (6 Week Programme)

Cost: Contact [mindyourmood@qub.ac.uk](mailto:mindyourmood@qub.ac.uk) for details

Maximum Participants: 30

Arguably the most important cognitive trait that human beings possess is the capacity to focus. Exploring mindfulness through conscious creative expression has been proven to enhance attention to detail, concentration and confidence. Participants in this course will be accredited by Degree Plus while achieving the inner and outer focus essential to the academic achievement all students strive for. This attuning and recalibration of intuitions smoothes interpersonal connections and increases a sense of self containment. Mindfulness also has significant benefits for those with recurrent depression. The NICE Guidelines for the Treatment and Management of Depression in Adults outlines that Mindfulness is a skills based programme that enables people to prevent the recurrence of in those affected by the illness. By bringing awareness to stress within the body and the behavioural tensions associated with this, Frank, through various techniques, skillfully teaches students to notice when the mind becomes caught in unhelpful thought patterns. Through the repeated practice of gently redirecting negative thoughts back to the present moment and responding with compassion, a rewiring of neural pathways occurs and resilience to stress significantly increases. This six week programme is the ultimate option to integrate a scientifically researched intervention into the lives of students through unlearning and displacing debilitating habits with a practice which will help them achieve excellence in their academic endeavour.

**AWARE**  
OVERCOMING DEPRESSION.  
CHANGING LIVES.



For more information contact:  
[mindyourmood@qub.ac.uk](mailto:mindyourmood@qub.ac.uk)

Facebook/MindYourMood