



QUEEN'S  
UNIVERSITY  
BELFAST



#QUBeWell

OPEN  
TO  
STUDENTS  
& STAFF!

MENTAL HEALTH & WELLBEING WEEK  
MON 1 – FRI 5 MARCH 2021

EVENTS GUIDE



### MONDAY 1 MARCH

#### QUB CHAPLAINCY ZUMBA!

Let's Dance! Come and enjoy this dance fitness class, everyone is welcome! Anything goes, just keep moving to the cracking soundtrack and release those endorphins and have fun!

**9:00AM - 10:00AM**

[Sign up here](#)

#### CARING FOR CARERS: TAKING TIME TO CARE FOR YOURSELF

Calling all Carers!

Join Frank Liddy to learn how you can integrate moments of mindfulness to your routine, and invest in self-care.

**10:00AM - 11:00AM**

[Sign up here](#)

#### AccessAble INFORMATION SESSION

Keen to develop your understanding of how to make your events more accessible for disabled students, staff, and visitors? Join our short lunch & learn information session on the AccessAble app.

**11:00AM - 12:00PM**

[Sign up here](#)

#### INSTAGRAM TAKEOVER: SUPPORT AT QUEEN'S - Q&A SESSION

Navigating support available at the University can often be complex for students & staff. Not sure where to go? We've got you covered! Head over to the [@QUBStudentWellbeing](#) Instagram & ask us any of your questions!

**12:00PM - 3:00PM**

[Sign up here](#)

#### ONLINE LEARNING AT UNIVERSITY

Explore approaches and resources for online learning with the Learning Development Service team.

**3:00PM - 4:00PM**

[Sign up here](#)

#### MINDFULNESS AT THE HUB

Be transformed by the renewing of your mind! Romans 12.2. Find a comfortable and quiet space and be still and at peace as this guided mindfulness session helps calm your mind, body, and soul.

**4:00PM - 5:00PM**

[Sign up here](#)



#### CONNECT THROUGH COMEDY: AN EVENING WITH SHANE TODD

Serotonin. Endorphins. Dopamine. Need a good laugh? Join the Student Wellbeing Service for an evening with local comedian, Shane Todd, as he reminds us of the humour around us.

**7:00PM - 8:00PM**

[Sign up here](#)

#### PAMPER PACKS

Practice your self-care by grabbing one of our pamper packs

**7:00PM - 8:00PM**

[Sign up here](#)

### TUESDAY 2 MARCH

#### TRY SOMETHING DIFFERENT: A SELECTION OF PODCAST RECOMMENDATIONS

From Graduate School Student Assistants and Staff

Over six weeks, the Graduate School will be highlighting a selection of podcasts, through our Weekly Update, as recommended by Graduate School Student Assistants and Staff.

**FOR 6 WEEKS**

[Sign up here](#)



#### SUICIDE PREVENTION AWARENESS TRAINING SESSION: FORWARD SOUTH PARTNERSHIP

This course is organised by Forward South Partnership, and delivered by Fresh Minds Education. This course is open to any individual looking to increase their knowledge and skills on suicide awareness.

**9:30AM - 12:30PM**

[Sign up here](#)

#### BEGINNER'S GUIDE TO RUNNING

Want to get into running, but don't know where to start? Well, look no further!

**11:00AM - 11:45AM**

[Sign up here](#)

#### A TASTE OF SPECIAL COLLECTIONS

What's so special about Special Collections?

Find out in this highlights tour, and a 'behind the scenes' peek at the work of this busy and innovative department

**11:15AM - 12:00PM**

[Sign up here](#)



#### BEAT EATING DISORDERS WITH BEAT

The first week of March is "Eating Disorders Awareness Week". As part of the #QUBeWell University Mental Health Week, BEAT will provide a talk on support and raising awareness about eating disorders

**1:00PM - 2:00PM**

[Sign up here](#)

#### ACTIVE CAMPUS SHOWCASE

An Information Session on the Active Campus Programme, and how you can "Make More Of You" at Queen's Sport.

**3:00PM - 4:00PM**

[Sign up here](#)



#### INFLUENCE FOR GOOD: HOW SOCIAL MEDIA INFLUENCERS ARE CHANGING THE FACE OF THE DIGITAL LANDSCAPE

Do you feel like social media has an impact on your mental health? Tune in to our live panel discussion with an exciting array of social media influencers to find out how they manage their mental health on and offline. Supported by Queen's Annual Fund.

**4:00PM - 5:30PM**

[Sign up here](#)

#### CREATE YOUR POSITIVE CANVAS

Improve the mood in your room by creating your own positive canvas, and draw out your inner Picasso in the process!

**7:00PM - 8:00PM**

[Sign up here](#)



## WEDNESDAY 3 MARCH

### ANXIETY WHAT IS IT? WHY DO I HAVE IT? WHAT CAN I DO...?

Why does anyone have to have anxiety? Why do I feel out of control? How can I understand what's happening? What can I do about it?

9:00AM - 11:00AM

[Sign up here](#)

### ONLINE LEARNING AT UNIVERSITY

Explore approaches and resources for online learning with the Learning Development Service team.

11:00AM - 12:00PM

[Sign up here](#)



### GOOD MOOD FOOD WITH INSPIRE

What food makes you feel good? Inspire NI will tell you how food makes us feel both physically and mentally.

12:30PM - 1:30PM

[Sign up here](#)

### DEALING WITH INSOMNIA?

What is poor quality of sleep, and what is insomnia? Why should we be concerned? What can we do about it?

1:30PM - 3:00PM

[Sign up here](#)



### LOOK AFTER YOUR MATE

This workshop empowers students to support friends experiencing mental health difficulties, whilst looking after their own wellbeing.

3:00PM - 5:00PM

[Sign up here](#)



### IMPACT OF COVID 19 – STRESS, BURNOUT AND LONELINESS [OPEN TO EPS FACULTY STUDENTS]

A support session by Action Mental Health for students from the Faculty of Engineering & Physical Sciences.

3:00PM - 5:00PM

[Sign up here](#)

### PROJECT GRATITUDE

Supporting students in their life journey, helping them find passion and purpose in life.

7:00PM - 8:30PM

[Sign up here](#)

### TIE-DYE REUSABLE FACE MASKS

Transform your face mask into a trendy and colourful accessory that is fashionable and functional!

7:00PM - 8:00PM

[Sign up here](#)

● Learning Environment
 ● Working Environment  
● Support & Resources
 ● Living & Awareness-Raising

## THURSDAY 4 MARCH



### INSPIRE (STAFF) WELLBEING

This session will outline the services available through Inspire Workplaces, including a demo of their Support HUB!

10:30AM - 11:00AM

[Sign up here](#)

### INSPIRE (STUDENTS)

This session will outline the services available through Inspire Students, including a demo of their Support HUB!

11:00AM - 11:30AM

[Sign up here](#)

### GRAB & GO HEALTHY BREAKFAST

Fancy a healthy breakfast to start your day right? We've got you covered!

11:00AM - 12:00PM

[Sign up here](#)

### A TASTE OF SPECIAL COLLECTIONS

What's so special about Special Collections? Find out in this highlights tour, and a 'behind the scenes' peek at the work of this busy and innovative department

11:15AM - 12:00PM

[Sign up here](#)

### HIIT CLASS WITH ANDREW RAEURN

High Intensity Interval Training (HIIT) Workout with Health & Wellbeing Officer Andrew Raeburn that will make you feel Groovy and Spicy!

12:30PM - 1:00PM

[Sign up here](#)



### MIND YOUR MOOD STUDENT-LED CONFERENCE

Student and Staff delegates have the exciting opportunity to learn about and interact with leaders in the mental health field. Plus, there are prizes!

1:00PM - 4:30PM

[Sign up here](#)

### GRADUATE SCHOOL BOOK CLUB

Reading groups are great for intellectual stimulation and expanding personal knowledge, but most importantly they are a social experience. Discover a new book and new people by joining a group of fellow students and staff to expand your reading repertoire and share ideas virtually!

2:00PM - 3:00PM

[Sign up here](#)



### FAKEAWAY HONEY CHILLI CHICKEN COOK-A-LONG WITH THE BELFAST FOOD BLOGGER

Let The Belfast Food Blogger Conor Hogan guide you through cooking a taste bud tantalising Fakeaway favourite: honey chilli chicken.

3:30PM-5:00PM

[Sign up here](#)

### LIBRARY GAMES NIGHT

Online puzzles with a bit of @QUBLibrary flavour. Not just fun for everyone, there are also prizes to be won!

7:00PM - 9:00PM

[Sign up here](#)

### BUBBLE PICNIC

Bring your picnic adventures back home, on us!

7:00PM - 8:00PM

[Sign up here](#)



## FRIDAY 5 MARCH

### DEPRESSION: WHY DO I THINK THE WAY I DO?

Unhelpful thinking, why do I think the way I do? What is Negative thinking? Why do I do it? What types of thoughts do I have? Why can it become a problem? What can I do about it?

**9:00AM - 11:00AM**

[Sign up here](#)

### HOW TO 'JUST DO IT' – REDUCING STRESS THROUGH MINDFUL MOTIVATION

Dr Carolyn Blair will provide Postgraduate students and staff with a practical understanding of how to reduce stress levels, and be more intrinsically motivated.

**2:00PM - 3:00PM**

[Sign up here](#)



### MENTAL HEALTH AWARENESS SESSION [EPS FACULTY STUDENTS & STAFF]

A session by Action Mental Health for EPS staff and students.

**4:00PM - 5:00PM**

[Sign up here](#)

### FAIRTRADE COOK-A-LONG

Join our cook-a-long and learn from the experts on how to create some yummy dishes!

**2:00PM - 3:00PM**

[Sign up here](#)

## SUNDAY 7 MARCH

### TRY CHURCH

Connect – to the Chaplaincy Christian Church at The Hub Belfast for spiritual support, community, friendship and faith.

**10:30AM - 11:30AM**

[Sign up here](#)

- Learning Environment
- Working Environment
- Support & Resources
- Living & Awareness-Raising

## AVAILABLE ANY TIME

### Q&A: MENTAL HEALTH FIRST AIDERS AT QUEEN'S

Join us as we chat to Action Mental Health to shine a light on Mental First Aid at Queen's.

[Sign up here](#)

### ACCOMMODATION PHOTOGRAPHY COMPETITION

Send us your favourite photograph of your nature walk, and have a chance to win some goodies!

[Sign up here](#)

### QUBeChill

The Faculty of AHSS are inviting colleagues and students to contribute to a QUBeChill video by sending us your relaxing photos of nature and landscapes which will be put to music arranged by our own students.

[Sign up here](#)

### DISCOVER THE MCCLAY LIBRARY WELLBEING COLLECTION

Find out more about the McClay Library's collection of wellbeing print and e-books.

[Sign up here](#)

### "SLEEP MORE SOUNDLY" VIDEO TIPS SERIES

Struggling to get a good night's sleep? Our "Sleep More Soundly" video series has 5 short videos to improve your nightly rest in no time at all!

[Sign up here](#)



### BLOG: VOLUNTEERING AND MENTAL WELLBEING – A STUDENT PERSPECTIVE

Volunteer SU exists to find the perfect volunteering opportunity for students enabling you to make a difference to your community & the lives of others. But do you know about the benefits volunteering can have on your mental wellbeing? Read our blog from student volunteer Phoebe to find out more.

[Sign up here](#)

### MENTAL MARCH: ACTIVITY CALENDAR

Throughout the month of March, check in with the Presbyterian Chaplaincy's Facebook page. The Chaplaincy team have created a daily calendar for the month of March, which will include activities and self-care ideas to support your mental health and wellbeing.

[Sign up here](#)

### CHAPLAINCY FOODBANK COLLECTION

Drop off dry foods and toiletries to 22 Elmwood Avenue and help people in Belfast who are in need as we partner with the South Belfast Foodbank Trussell Trust

[Sign up here](#)

### RUNNING CLUB

The School of Nursing and Midwifery in collaboration with Active Campus in Queen's Sports are partaking in a virtual walking challenge during #QUBeWell week. We invite all student nurses and midwives and staff to get involved in this fantastic opportunity!

[Sign up here](#)





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## MENTAL HEALTH & WELLBEING WEEK



[www.qub.ac.uk/sites/QUBeWell](http://www.qub.ac.uk/sites/QUBeWell)

[CLICK HERE TO SHARE YOUR PHOTOS OR FEEDBACK FROM THIS EVENTS PROGRAMME WITH US HERE](#)