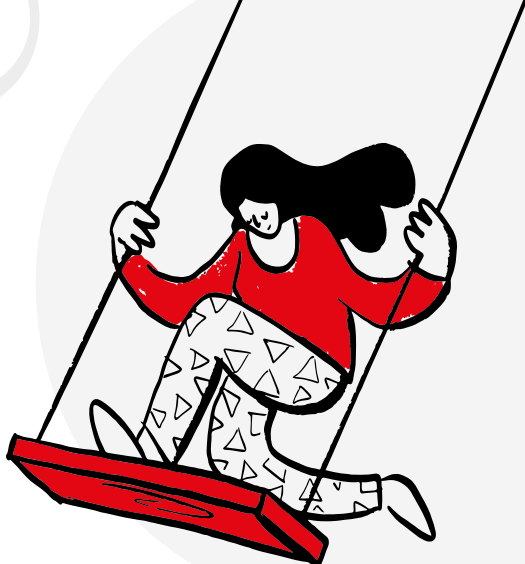




QUEEN'S  
UNIVERSITY  
BELFAST



Never feel alone with  
your mental health

# University Wellbeing Week

2-9 March 2023



#QUBeWell



## QUB Wellbeing Week Gym Inductions

Staff and Students

**Thursday 2 March**

**Varied times**

Queen's Sport and BT1

Staff and students are invited to sign up to a Gym Induction for this year's #QUBeWell University Wellbeing Week.

This year's national University Mental Health Day will take place on Thursday 9 March 2023. Inspired by its theme, 'Mental Health & Wellbeing and Green Spaces', #QUBeWell is a full week of events taking place from Thursday 2 March to Thursday 9 March, and Queen's Sport is offering the opportunity to participate in a 45 minute gym induction in both our PEC and BT1 gym facility.



These induction slots will run for one week, commencing on Thursday 2 March to Thursday 9 March 2023.

Please select which gym you would like to have an induction in, and which date and time you would be available. Once you have filled in this form, you will be sent an email to confirm your induction day and time at your preferred location.

## Belfast Hidden History Walking Tour

Staff only

**Friday 3, Monday 6,**

**Wednesday 8 March**

**12noon-1pm**

Starts outside One Elmwood

Belfast Hidden Tours are delighted to work with Queen's University in providing three (1 hour) walking tours. Each tour will have up to 30 guests and use our Wireless MIC systems. Guests should meet their guide at the front of One Elmwood at 12noon.

The tour will include areas of Queen's Quarter including the main campus area and Botanic Gardens.



The theme of the tour is 'Never feel alone with your mental health' and the guide will highlight positive health choices such as:

- Walking and getting exercise in the fresh air
- Being part of a community (work, hobbies, neighbourhood etc)
- Communicating with others, being heard and hearing others
- Finding support (Tour guides lone working generally so support from peers essential)





## **Ulster Museum Self-Guided Tour**

Students only

**Friday 3 March  
1.30pm–3.30pm**  
Commence at One Elmwood  
with tea and coffee

The Student Experience team are welcoming our students for a self-guided tour of Ulster Museum. We will firstly get together at One Elmwood for coffee and snacks. Then we will provide you with a map of the museum and a run through of what to expect of the day as well as any fun activities to help support your wellbeing through mindfulness or destressing.

## **QUBeWell Treasure Hunt**

Students only

**Friday 3 March  
3.30pm**  
**Collect clues from Coffee Bar**  
**Submit answers by**  
**Thursday 9 March at 5pm**

Queen's Accommodation,  
Elms BT1, Elms BT2 and Elms BT9

Participants will get clues for landmarks in Belfast/University area and they have to go to these places and take a selfie (they can do it in any order). All participants entered in to a draw to win a Wellbeing Hamper, including a sunrise alarm clock. All participants will receive a foot scrub/mask on their return to take home for their tired feet.



## Wellbeing Sensory Night

Students only

**Sunday 5 March**

**6pm–8pm**

Queen's Accommodation,  
Elms BT1, Elms BT2 and Elms BT9

Join us in our social spaces and explore our sensory craft activities; homemade playdoh, DIY stress balls and water bead decorations.



## Creative Connections

Students only

**Monday 6 March**

**10am–3pm**

One Elmwood Foyer and  
the Big Block Room

Creative Connections will feature creative writing workshops from published author Shelley Tracey, who specialises in using writing and poetry as a form of therapy. After or before your workshop, be sure to contribute to the connection tree situated in the foyer of One Elmwood, where you can write, exchange and display little letters of support and comfort to someone.

Who knows, your words of kindness could turn out to be the little bit of light in someone's dull day!



## Staff Wellbeing Mental Health Awareness

Staff only

**Monday 6 March**  
**2pm–4pm**  
Online

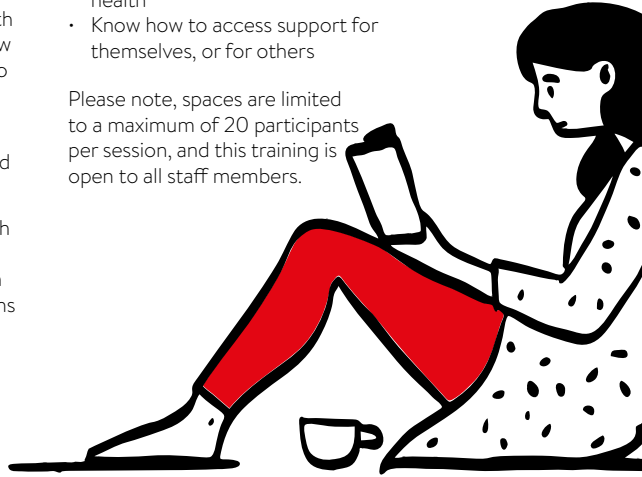
The aims of this Mental Health Awareness session is to highlight the main mental health issues and disorders, and to give an overview of the signs and symptoms. Participants also learn how to look after their own mental wellbeing.

By the end of this course participants should be able to:

- Understand the meaning of mental health and mental ill health
- Identify the most common mental health illnesses, symptoms, behaviours and myths
- Challenge some of the stereotypes and stigma associated with the term mental illness

- Identify possible causes for common mental illnesses
- Identify personal skills and limitations to support someone with a mental illness
- Identify ways to sustain good mental health
- Know how to access support for themselves, or for others

Please note, spaces are limited to a maximum of 20 participants per session, and this training is open to all staff members.



## Gratitude for Wellbeing

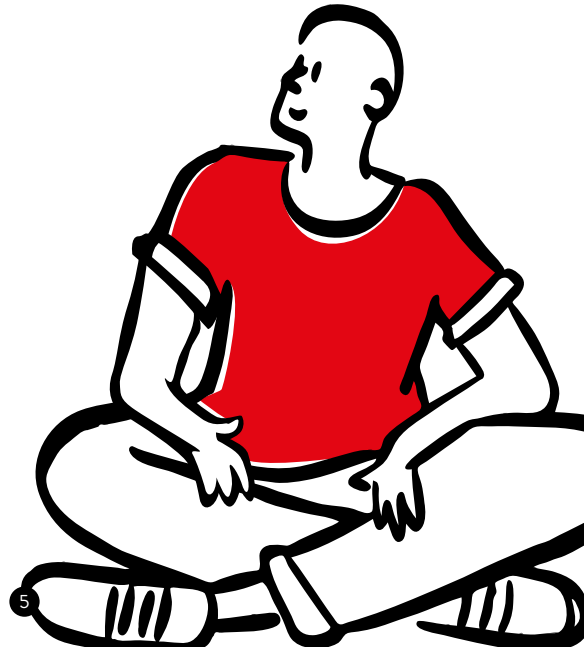
Staff only

**Tuesday 7 March**  
**11am–1pm**  
Online

Research has shown that gratitude can reduce stress, and people who consciously count their blessings tend to be happier and less depressed. This University Wellbeing Week, Staff Wellbeing would like to invite you along to this event, in partnership with our EAP provider Inspire.

This workshop will teach you:

- The meaning and economics of gratitude
- Gratitude as a moral barometer
- The neuroscience of gratitude – understanding why gratitude helps keep us healthy
- Positive psychology and gratitude – new ways of using gratitude
- Gratitude as a strength – how to use it on a daily basis in different ways to increase wellbeing
- Gratitude exercises as wellbeing and resilience builders





## Community Gardening with a Twist

Staff and Students

**Tuesday 7 March**

**12noon–2pm**

Students' Union, One Elmwood

Handy Helpers are all about building community and volunteering experiences that are fun so would like to offer a taster session for you.

There is a lot happening this week so why not sign up to create a community map on the day that can be literally planted into a garden of your choice.

Along with this will be a range of Fair Trade Snacks to try as part of #FairTradeFortnight

## Look after your Mate Workshop

Students only

**Tuesday 7 March**

**1pm–3pm**

Students' Union, 3rd floor

Anne Maguire Room

Our OMNI 2022 student mental health survey told us that students are most likely to seek help from a friend or a fellow student! This highlights just how important peer support is. We have linked with Student Minds to bring you 'Look after your Mate' workshops.

Receive practical tips on how to support a friend, how to start a conversation and signpost, whilst looking after your own mental health and wellbeing. Come along to be equipped with the skills to support your peers and you!

Free pizza for all attendees! This will be delivered at the start of the training.



## YOGA U Roadshow

Staff and Students

**Tuesday 7 March**

**2pm–3pm**

Queen's PEC,

Minor Hall

Active Campus in partnership with Mind Your Mood are hosting the YOGA U Roadshow to explore some of QUB's most iconic locations on campus, all while practicing Yoga! This will be a Free Yoga Session on 7 March, and another on 14 March 2023.

Please bring your own yoga mat if possible.



## Chocolate Making Session

Staff and Students

**Wednesday 8 March**

**10am–11.30am**

One Elmwood, Blue Sky Room

This activity is registration only, but it is available for all students and staff to register. Registration will open on 22 February 2023 via eventbrite. This session will allow you to make Chocolate while focussing on your health and wellbeing for 90 minutes.

You will be required to be in the present moment, which will increase your ability to manage anxiety and stress. During this chocolate making session, you have the rare opportunity to calmly sneak a peek as your mind makes meaning and handles adversity, offering new insights to better handle other struggles in your life.



## Look after your Mate Workshop

Students only

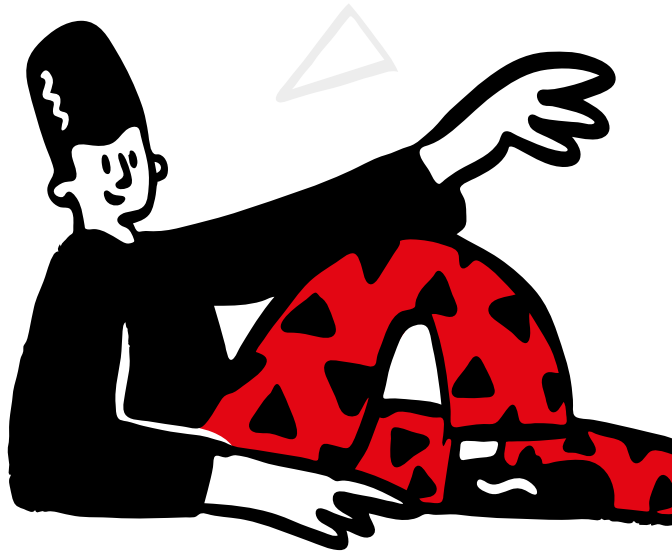
**Wednesday 8 March**

**1pm–3pm**

Ashby Conference Room 07.005  
(7th floor)

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Receive practical tips on how to support a friend, how to start a conversation and signpost, whilst looking after your own mental health and wellbeing. Come along to be equipped with the skills to support your peers and you!



Free pizza for all attendees! This will be delivered at the start of the training.



## Beginners Guide to Running

Staff and Students

**Wednesday 8 March**

**1.15pm–2pm**

Queen's Sport, PEC

As part of #QUBeWell Week, Active Campus in partnership with QUB Accommodation are holding a short 45 minute session, on introduction to running. This is aimed at those who would like to either start running for the first time or for those who would like a gentle re-introduction back to running again! Please wear comfortable clothing and get ready to lace them trainers up!

All participants must be registered in advance. Changing and showering facilities are provided at Queen's Sport.





## Menopause Awareness

Staff only

**Wednesday 8 March**

**2pm–3pm**

Online

The Menopause Awareness sessions are delivered by two of the University's own academic GPs with a keen interest in women's health, Dr Helen Reid and Dr Jenny Johnston – both from the School of Medicine, Dentistry and Biomedical Sciences.

From hot flushes and mood disturbances to relationship difficulties, the menopause can be a challenging time for those affected and those around them. These sessions are designed to reduce stigma, raise awareness, and prompt conversations in the workplace, as well as to inform staff of what to expect, and when and how to seek help around issues relating to menopause.

## Bedtime Brew and Sleep Tips

Students only

**Wednesday 8 March**

**5pm–11pm**

Queen's Accommodation,  
Elms BT1, Elms BT2 and Elms BT9

Join us at our coffee bar space for a bed time brew, relaxing music and pick up some sleep tips.

zzz





## Zen Den and Sensory Space

Staff and Students

**Thursday 9 March**  
**9.30am-12.20pm**  
One Elmwood, Blue Sky Room



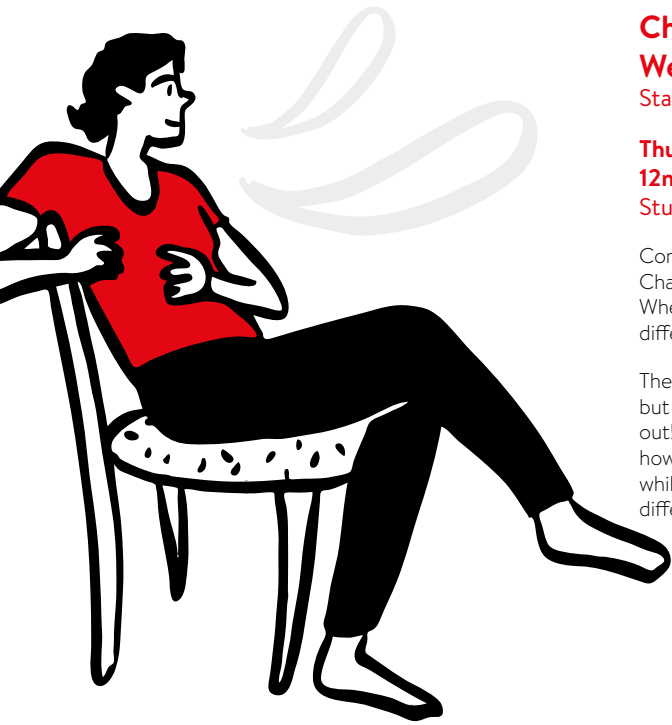
Need to de-stress, reduce anxiety or improve your focus? Whether you want to take a breath in our Zen Den or stimulate your senses in our Sensory Space, we have just what you need.

Our Zen Den will be a darkened room illuminated by blue light lamps that have been shown to accelerate post-stress relaxation. Take a seat in a hammock chair or bean bag and make use of a range of resources designed to aid relaxation including noise cancelling headphones, meditation cards, weighted blankets and emotional literacy books.

The Sensory Space will contain a range of activity stations designed to support emotional wellbeing and provide stimulation including fidget toys, handheld massagers, orbee, kinetic sand and more!

Please note: all of the items available have been purchased for re-use and are not to be removed from the Zen Den or the Sensory Space. You will be asked to leave your student card with the facilitator outside the room for the duration of your time in the Zen Den or Sensory Space.





## Chatty Chairs featuring Wellbeing Wheel

Staff and Students

**Thursday 9 March**

**12noon–1pm**

Students' Union, One Elmwood Foyer

Come sit down, have a chat on our Chatty Chairs and take a spin on the Wellbeing Wheel where you can win prizes of all different sorts!

There will be lots of small prizes to be won but some bigger ones too so don't miss out! We'll also have lots of helpful tips on how to look after your mental health while at university and how to access different QUB supports.

## Parent's Emotional Health

Staff only

**Thursday 9 March**

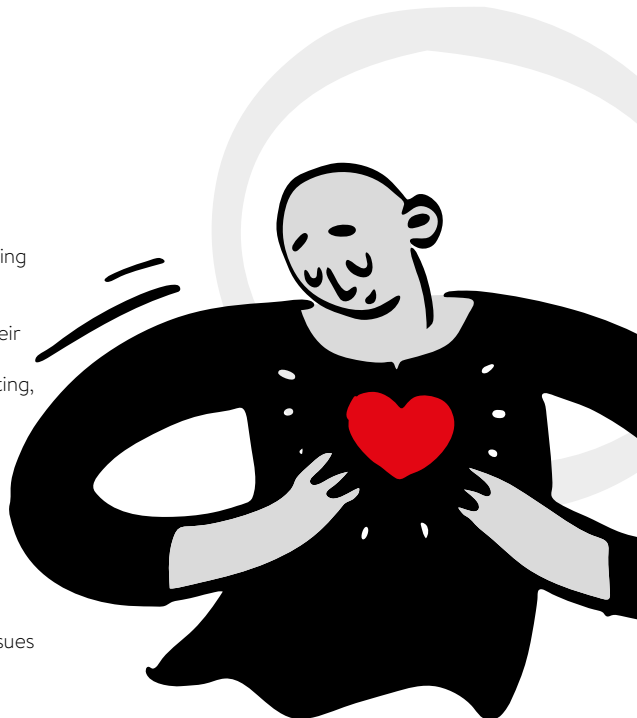
**2pm–3pm**

Online

Being a parent can be one of the most exciting yet challenging experiences. This session encourages parents to recognise the importance of their own mental health in their busy lives. Parents will identify and manage different feelings that may impact on parenting, while exploring positive coping strategies.

This workshop aims to:

- Understand the impact parental mental health has on children and young people
- Emphasise that mental health affects everyone
- Share top tips on how to cope being or supporting a parent with mental health issues



## Colour Run

Staff and Students

**Sunday 12 March**  
**10.30am-1pm**  
Ormeau Park

Colour Run in partnership with QUB Cardio Society and supported by Active Campus is back again this March.

Tickets are £5 if you're coming on your own, but if you bring a friend it's £4 for each of you, follow the link to purchase tickets.

Once again we are running or walking 5k in support of the British Heart Foundation, so any donation helps!





#QUBeWell