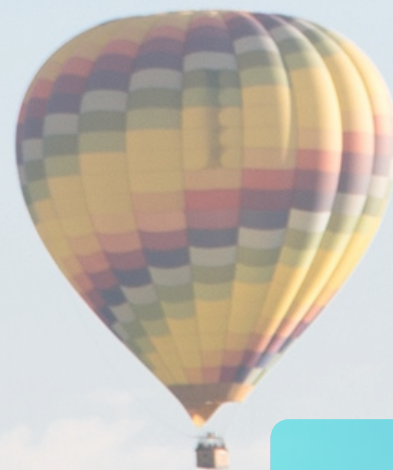


Understanding Wellbeing

Online Module

For more information and enquiries please email us at:
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or email Dr Elena Riva module leader and co-creator, at:
e.riva@warwick.ac.uk.



What is it?

- Understanding Wellbeing is our **non-CATTED, Open Access, HEAR Accredited** module.
- The module will guide you to discover and better understand the crucial concept of wellbeing.
- The module is **for all Warwick students** and can be taken and completed in your own time.

Why did we create this module?

- University can be a stressful time and, therefore, looking after your wellbeing is crucial. We created this module to allow you to learn about the theory and practice behind wellbeing in an engaging and accessible way.
- The module content is presented through podcasts which you can access, in your own time. The reflective activities mean that you can engage with the content in a meaningful way which we hope will make a positive contribution to your wellbeing.

What will you gain?

- An **interdisciplinary understanding of wellbeing**: ranging from scientific, economic, psychological, and philosophical perspectives.
- An opportunity to engage in **activities and strategies** that can improve your wellbeing, from exercise and art to mindfulness and many others.
- An understanding of what factors might be affecting your wellbeing, from social media, emotions to dealing with failure.
- Completing the different sections of the module will provide you with **HEAR Accreditations** and **points towards the Warwick Award**.