Understanding Wellbeing Online Module

What is it?
- Understanding Wellbeing is our new non-CATTED, Open Access, HEAR Accredited module.
- The module will guide students 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.

What will students gain?
- An interdisciplinary understanding of wellbeing: ranging from scientific, economic, psychological, and philosophical perspectives.
- An opportunity to engage with activities and strategies that can improve our wellbeing, from exercise and art to mindfulness and many others.
- An understanding of what factors might be affecting our wellbeing, from social media, emotions, to dealing with failure.
- Completing the different sections of the module (Bronze, Silver and Gold levels) will provide students HEAR Accreditations.

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

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