

WELLBEING WEEK

4-8 February 2019

Monday 4 February

'Take a Break' session
PGR Potential Advantage drop-in session
Wellbeing Warwick Secret Challenge

Tuesday 5 February

Respect Day
Kindness Rocks.
Student Minds Mental Health in Sport Workshop
Curator-led Sculpture Trail
'Take a Break' session
Spirituality and Wellbeing
Wellbeing Walk
Menopause: Stress, nutrition, and exercise
Dignity and Respect. Who Cares?

Wednesday 6 February

Main Wellbeing Event
CPR & Defibrillator hands-on practice session
'Take a Break' session
Pop-up #BeatTheBear
What is Wellbeing? An Interdisciplinary Exploration (Dr Elena Riva)
Presentation and workshop of the Phase 1 report 'Improving students' wellbeing in the teaching and learning environment'

Thursday 7 February

First Steps to Fitness
'Take a Break' session
Knot Just Knitting
Wellbeing and Failure
Wellbeing Warwick Secret Challenge
Disability Football
No Kit No Problem
Warwick Volunteers Crafting Happiness

Friday 8 February

Student Minds Mental Health in Sport Workshop
Motivation and Productivity
'Take a Break' session
Lunchtime run
Study Happy Creative Chillout

See a full details at

warwick.ac.uk/equalops/wellbeingweekfeb19