



# Workshop and Group Programme 2016/17

The Workshops and Group Programme provides a shared space for advice, guidance and peer support, facilitated by the Wellbeing Service.

This programme includes one-off and multiple attendance sessions. Advance booking may be required - please check the information listed for each individual session.

All workshops and groups are held in SC4/24, Student Central, unless stated otherwise.

## More information and booking details

### Anxiety Management Workshop

This workshop provides space to explore anxiety and develop an understanding of how it affects us physically as well as our behaviour and feelings. Learn strategies and techniques to manage anxiety and overcome avoidance. No booking required – just turn up!

### Growing in Confidence 4 Week Course

This course helps you develop your self-awareness and learn techniques to let go of anxiety and fear. The group will explore perceptions of confidence so that you can recognise your existing strengths and challenge negative thoughts. If you would like to attend or would like more information, please contact [studentwellbeing@hud.ac.uk](mailto:studentwellbeing@hud.ac.uk).

### Living with Grief 5 Week Group Programme

This group is for those who have experienced bereavement, helping you to grieve as well as providing an opportunity to connect with others in similar circumstances. We encourage discussion in pairs, full group discussion and also enable you to explore your feelings using creative methods such as poems and diagrams. The group will run for five consecutive weeks with a maximum number of eight participants. Each week you will work through different aspects of the grieving process, facilitated by our experienced Wellbeing Advisers. The Living with Grief Group is open to all students and if you would like to attend or would like more information, please contact [studentwellbeing@hud.ac.uk](mailto:studentwellbeing@hud.ac.uk). This group is held in QSA/08, Queen Street Annexe.

### Managing Depression Workshop

This workshop will aim to support you in developing an understanding of depression, its cause, symptoms and what keeps it going. We will pay particular attention to breaking the cycle of depression and lifting low mood by exploring the link between our thoughts, feelings and behaviours and learn how we can manage unhelpful negative cycles. No booking required – just turn up!

### Mindful Meditation Hour Workshop

Mindful Meditation Hour offers an opportunity to practice guided meditation, facilitated by one of the University counsellors, and to learn more about how this approach might provide new ways to respond effectively to stress. Steady practice of meditation is a recognised approach to improve wellbeing. This workshop is held in QSA/09, Queen Street Annexe. No booking required – just turn up!

### Pause for Being 8 Week Course

This is a practical, experiential, in-depth mindfulness course running over eight weeks. Learn to practice mindful meditation and explore mindfulness as applied to everyday life. Practising mindfulness is found to improve wellbeing and cultivate greater resourcefulness in the face of stress, anxiety, low mood and pain. You will learn ways to develop awareness, balance and resilience within mind and body. Discover a deeper sense of stillness, calm, and joy within our lives. Pausing and becoming 'present' with mind and body can support our creativity and improve concentration as we learn to respond more effectively to the pressure, worries and challenges within the fast pace of the everyday. This will be a small group of up to 12 people. For further information and to book a place contact [counselling@hud.ac.uk](mailto:counselling@hud.ac.uk). This workshop is held in QSA/09, Queen Street Annexe.

### Reclaiming Your Life: Overcoming Disordered Eating Group

This is a six week group for those who are having difficulty with their eating. Led by one of our Mental Health and Wellbeing Advisers in a confidential space, join others in similar circumstances to talk about your experiences and issues connected with eating behaviours. The group works together to provide support so that you can consider making changes. Topics could include eating patterns and their impact, change (fears and anxieties, pros and cons), confidence and body image, managing emotions, relationships and the road to recovery. If you are interested in attending you will need to meet with us before the group starts so that we can tailor the group to meet your needs. To arrange this you will need to contact Gemma at [studentwellbeing@hud.ac.uk](mailto:studentwellbeing@hud.ac.uk)

### Self Esteem Workshop

Gaining a better understanding of yourself and an awareness of how low self-esteem develops, we will work with you to help you to appreciate your positive personal qualities and develop self-esteem. No booking required – just turn up!

### Stress Awareness Taster Session Workshop

This 50 minute, CBT based one-off session looks at:

- Some of the most common causes of stress
- The inter-relationship between our behaviour, thoughts and feelings
- The psychology of stress
- How we can make helpful changes to our day to day lives to live with stress
- Finishing with a short relaxation exercise which can then be used to reduce the symptoms of stress when they occur

All participants will receive a pack containing slides from the session, a relaxation CD, useful telephone numbers and details of how to self-refer to Improving Access to Psychological Therapies for individual work if needed. No booking required – just turn up!

### The Road to Resilience: Emotional Resilience Workshop

Emotional resilience simply refers to our ability to adapt and deal with the stressors of life and crises. This two-part workshop explores how we can build our resilience and start to manage life and its stressors more effectively. You don't need to book, however you will be expected to attend both sessions.

**For up to date timetables of all workshops and groups, please check the website at [www.hud.ac.uk/wellbeing-disability-services/wellbeing/workshops-support-groups/](http://www.hud.ac.uk/wellbeing-disability-services/wellbeing/workshops-support-groups/)**