

# MENTAL HEALTH AWARENESS WEEK

18-22 MAY 2020



QUEEN'S UNIVERSITY BELFAST



## OPEN TO ALL STUDENTS & STAFF

# KINDNESS

MON 18TH	TUE 19TH	WED 20TH	THU 21ST	FRI 22ND
<b>S</b>	<b>M</b>	<b>I</b>	<b>L</b>	<b>E</b>
<b>STRESS MANAGEMENT</b>	<b>MAKING THE WORLD A KINDER PLACE</b>	<b>IMPROVING YOUR SLEEP</b>	<b>LOVE YOURSELF</b>	<b>EMPOWERING OTHERS AND YOU</b>
<b>PARENTING NI</b> 11:00am - 12:00pm Parenting & Caring in a Pandemic <a href="#">REGISTER</a>	<b>BEING KIND ONLINE</b> 11:00am - 12:00pm Mental Health in an age of social media: An Online Q&A with Annette Kelly & Matthew Thompson <a href="#">REGISTER</a>	<b>SLEEPING WELL WEBINAR</b> 1:00pm - 2:00pm Join our expert Professor Gerry Gormley on practicing good sleep hygiene <a href="#">REGISTER</a>	<b>LET'S GET PHYSICAL</b> 09:30am - 10:30am Join Queen's Sport Fitness & Wellbeing Officer, Andrew Raeburn, for a Joe Wicks-style morning workout! <a href="#">REGISTER</a>	<b>LIVE YOUR BEST LIFE</b> 12:00pm - 1:00pm There's great uncertainty at the moment, but there's so much to look forward to. Get a pep talk and start the weekend on a high! <a href="#">REGISTER</a>
<b>MINDFULNESS</b> 10:00am - 10:30am The Key to Opening Up in Lockdown <a href="#">REGISTER</a>	<b>BE KIND TO YOURSELF</b> 1:00pm - 2:00pm Mental Health Awareness Training, with Mind Your Mood & Volunteer SU <a href="#">REGISTER</a>	<b>YOU ARE WHAT YOU EAT</b> 1:00pm - 2:00pm Dr. Claire McEvoy will deliver an expert-led session on managing those snacks & controlling the caffeine intake! <a href="#">REGISTER</a>	<b>MINDFULNESS</b> 10:00am - 10:30am The Key to Opening Up in Lockdown <a href="#">REGISTER</a>	
 <b>PAW'ESOME!</b> Send us your pet pictures! Use #QUBWell to join the conversation <a href="#">MORE HERE</a>	 <b>PROUD OF OUR LOCKDOWN LEGENDS!</b> Keep an eye out for the stories of our amazing staff & students, who have embodied kindness throughout COVID-19. <a href="#">MORE HERE</a>	 <b>SLEEP LIKE A BABY! BITESIZE VIDEO</b> Get a crash course on tips you can apply to your sleep routine. <a href="#">Re-watch the video here</a>	 <b>SELF-CARE!</b> If we don't practice self-care, we will struggle to look after others. Keep an eye out online for our favourite top tips to practice self-care. There's something for everyone! <a href="#">MORE HERE</a>	 <b>SURPRISE!</b> Keep an eye out on social media for a fun surprise to end the week and embody kindness beyond Mental Health Awareness Week! <a href="#">MORE HERE</a>
The Belfast Trust offer free stress control workshops. Sign up via our website!	Giving to others isn't always about money - your time and skills are just as valuable to those in need	We all need sleep to re-fuel. Don't be too hard on yourself or expect surges in productivity. You're doing just fine!	Take part in the <u>Mind Your Mood Wellbeing Competition</u> - get creative!	Mental Health Awareness Week isn't just a week - let's use this time to <b>move</b> forward and be kind to one another!