WELLBEING WORKSHOPS & COURSES

Semester Two 2017

The ASC (Advice & Support Centre), 79 North Street, St Andrews KY16 9AL. Email: theasc@st-andrews.ac.uk Telephone: 01334 462020
Wellbeing Workshops Semester 2

Begin to make it better: How to support friends with low mood
Large Rehearsal Room (Union) - 2nd February - 5pm to 6pm
Ever find yourself at a loss of what to do for a friend who is constantly feeling down? We can all feel down sometimes. How people react to us can have a big impact on what choices we make. Come along to hear about some simple tips to that you can use to help point your friends in the right direction so they can get back to enjoying their experience at University. This informal session offers practical guides as well as small group discussions to practice your skills. You’ll also learn about how to balance helping your friend and taking care of yourself. Enrolment: Sign up via PDMS (www.st-andrews.ac.uk/pdms/)

Step on Stress (NHS Fife)
School V – 2nd February, 9th February, 16th February - 5.30pm to 7pm
Step on Stress is a free educational course run by NHS Fife. The three 1 ½ hour sessions will teach you to how to manage stress and anxiety using a variety of practical tools that you can use in everyday life. Enrolment: please visit http://moodcafe.co.uk/learn-to-deal-with-stress-at-a-local-class.aspx, email fife-UHB.SteponStress@nhs.net, or call 01383 565442.

Supporting a Friend with Anxiety
Small Rehearsal Room (Union) – 22nd February - 6pm to 7pm
Having a friend or family member with anxiety or knowing someone who suffers from panic attacks can be difficult when you don’t know how to help, or the right things to say. Come along to this relaxed session to find out how to help someone with anxiety, things you may need to avoid, and how to look after yourself if you get stressed or worried. Enrolment: Sign up via PDMS (www.st-andrews.ac.uk/pdms/)

Supporting a Friend who Self Harms
St Mary’s Lecture Room 1 - 23rd February - 11am  (Enrolment: Sign up via PDMS)
Discovering that a friend or family member self-harms is a difficult experience and you may feel frightened or overwhelmed, even angry. It can be useful to know what classifies as self-harm as well as what to do in an emergency and when to involve someone else. Come along to this session to find out the things that you can do to help and how to look after yourself.

Supporting a Friend with an Eating Disorder
Eden Court meeting room - 28th February - 5.30 to 7pm
Are you worried that a friend or family member might have an eating disorder? Eating disorders don’t just affect the individuals battling them but their friends, family, and other people around them too. Eating disorders are lonely and isolating illnesses, and families and friends can provide invaluable support during recovery. Come to this friendly session to hear from people with first-hand experience of supporting someone with an eating disorder. You’ll learn what you can (and can’t) do, as well as when and where to ask for help. Enrolment: Sign up via PDMS (www.st-andrews.ac.uk/pdms/)
From Perfection to being Perfectly Imperfect  
*Eden Court Meeting Room - 7th March - 12:30pm to 1:30pm*
This short workshop will look at how you can move away from unrealistic expectations of having to be perfect to accepting and learning from life’s ups and downs. Enrolment: Sign up via PDMS (www.st-andrews.ac.uk/pdms/)

Resilience: Don’t Leave Home (or Hall) Without It  
*Eden Court Meeting Room - 8th March - 3pm to 5pm*
Life has its ups and downs which can leave us feeling stressed or overwhelmed. This short workshop will explore what being resilient means whilst offering practical strategies to help you manage some of the challenges that being a student can bring. Enrolment: Sign up via PDMS (www.st-andrews.ac.uk/pdms/)

Get Ahead of the Game: How to Stay Motivated  
*Gateway Lecture Room 4 - 27th March - 4pm to 6pm*
Are you starting to feel stressed or overwhelmed and keep putting things off? Always making yourself another cuppa or devising yet another study plan instead of getting stuck into your essays or revision? In this small workshop you will have a chance to share your worries, understand more about why you might be delaying tasks and learn strategies to help you stay motivated and keep on top of your workload. This workshop is delivered by Student Services on behalf of CAPOD, and is part of the Professional Skills Curriculum https://www.st-andrews.ac.uk/students/careermatters/professionalskills/ Enrolment: Sign up via PDMS (www.st-andrews.ac.uk/pdms/)

Supporting a Friend with Anxiety  
*Large Rehearsal Room (Union) - 29th March - 6pm to 7pm (Enrolment: Sign up via PDMS)*
Having a friend or family member with anxiety or knowing someone who suffers from panic attacks can be difficult when you don’t know how to help, or the right things to say. Come along to this relaxed session to find out how to help someone with anxiety, things you may need to avoid, and how to look after yourself if you get stressed or worried.

Changing the Record: from critical to confident  
*Eden Court Meeting Room - 4th April (Tuesday) - 5pm to 6pm*
Full of practical advice and techniques this workshop will look at how challenging and changing negative self-talk helps build genuine healthy confidence. Enrolment: Sign up via PDMS (www.st-andrews.ac.uk/pdms/)

Begin to make it better: How to support friends with low mood  
*Large Rehearsal Room (Union) – 13th April - 5pm to 6pm*
Ever find yourself at a loss of what to do for a friend who is constantly feeling down? We can all feel down sometimes. How people react to us can have a big impact on what choices we make. Come along to hear about some simple tips to that you can use to help point your friends in the right direction so they can get back to enjoying their experience at University. This informal session offers practical guides as well as small group discussions to practice your skills. You’ll also learn about how to balance helping your friend and taking care of yourself. Enrolment: Sign up via PDMS (www.st-andrews.ac.uk/pdms/)
Get ahead of the game: secrets of a successful sleep
CS Seminar Room, Bute - 17th April (Monday) - 4pm to 6pm
Are you losing sleep? Do you lie awake in bed at night worrying about things? Are you fed up not feeling refreshed when a new day dawns? Want to learn some simple strategies for sleeping soundly? This workshop will give you lots of practical tips, to increase your chances of sleeping the whole night through. This workshop is delivered by Student Services on behalf of CAPOD, and is part of the Professional Skills Curriculum https://www.standrews.ac.uk/students/careermatters/professionalskills/ Enrolment: Sign up via PDMS

Keep Calm & Carry on: Exam Workshop
Eden Court Meeting Room - 3rd May - 2:00pm - 3:30pm
In this short workshop students will have a chance to explore the common anxieties and stress that surround revision and exams and learn skills and techniques to help manage these emotions and build confidence. Enrolment: Sign up via PDMS

Weekly Groups (Semester time only, unless otherwise noted)

Untie the Knot: Relaxation Techniques
Eden Court Meeting Room Every Friday 1pm
Enrolment by referral only; please speak to your Counsellor or Support Adviser for more information.

Droppin' Stitches (Craft Group)
Eden Court Meeting Room Every Wednesday 5pm-7pm (3pm to 5pm during summer vacation)
The Droppin' Stitches group meets weekly to knit, sew, craft and colour over tea and cake. Enrolment by referral only; please speak to your Counsellor or Support Adviser for more information.

GROW (Gardening Group)
St Mary's Secret Garden, Every Wednesday 1:30pm- 3:30pm
The Grow group tends St Mary's Secret Garden, creating a tranquil space for relaxation and meditation. Enrolment by referral only; please speak to your Counsellor or Support Adviser for more information.

Eating Disorder Support Group
Eden Court Meeting Room, Every Thursday 6pm-7pm
This student-led Eating Disorder Support Group provides an opportunity for students with eating disorders to meet and talk together in a safe and supportive environment with a recovery focus. Enrolment: All welcome

StAnd Together Peer Support
The Peer Support Network is a one-to-one listening service which is open to any student. Peer Supporters are student volunteers with training in listening skills who are happy to provide support and a discreet listening ear, as well as company for trying out new things (like society activities). If you’re interested in being matched with a peer or would like to learn more about the programme, please email peersupport@st-andrews.ac.uk