Well Now...

WELLBEING NEWSLETTER
ISSUE 7 – OCTOBER 2016

Keeping you up to date.

CAPOD | The University Of St Andrews | No SC013532
Hello,

My name is Golsa Raoufi and I have recently joined the CAPOD team as Organisational Development Coordinator.

I am looking forward to getting involved with different wellbeing activities such as Wee Walk Once a Week (WWOW), Wellbeing on Tour and Lunch Time Yoga. If you have not already done so, there is still time to get involved with these events.

I am thrilled to be a part of a University that is proactive about health and wellbeing. If there is a wellbeing initiative that you would like to see, get in touch with me at:

wellgrp@st-andrews.ac.uk

I hope you enjoy this October edition of Well Now and I look forward to meeting you soon!

Tell us what you think!

Please send suggestions and comments for future newsletters via email address above.
Go Sober for October!

What happens when you give up alcohol for 5 weeks?

October is Alcohol Awareness month. Go Sober for October encourages people to go alcohol-free for the 31 days of October and raise funds for Macmillan Cancer Support.

The Good Increases....

The Bad Decreases....

-16% Glucose
-15% Liver Fat
-5% Cholesterol
-2% Weight
+ Save £££!
+18% Concentration
+17% Work Performance
+10% Sleep and Less Snoring
+9.5% Wakefulness

For every person who goes Sober for October, we will make a donation to the Macmillan Charity on your behalf.

Feel generally healthier in everything you do and in the process, help to raise funds for Macmillan Cancer Support.

Want to know more? For more information and to sign up email wellgrp@st-andrews.ac.uk.

*Source: We are Macmillan Cancer Support; Health Line
Our University Walking Group WWOOW (Wee Walk Once a Week) Semester 1 schedule is now available. The 30 minute WWOOW walks are mostly at lunchtimes, but there are also early morning and end-of-the-day walks. There are different walk routes, chosen by the Walk Leaders themselves, and various starting points.

**Semester 1:**

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The WWOOW webpage includes general information about WWOOW and a link to the registration form. Once you are registered you will receive Outlook invitations for each of the scheduled walks. You can then accept or decline, or just leave it in your calendar until you decide! For more information and to sign up go to:

http://www.st-andrews.ac.uk/staff/wellbeing/wwow/

Accept the WWOOW challenge and complete 30 walks for giveaways and a WWOOW club insert for your Passport to Health and Wellbeing Excellence.

We are still looking to recruit more Walk Leaders. Check the WWOOW web page for more information and contact us if you may be interested.
NHS Step on Stress Course

Step on Stress is a FREE educational course that teaches you how to manage stress and anxiety. The course is one and a half hours long and runs over three days. You will learn to understand your stress and deal with it using a variety of practical tools that you can use in everyday life.

Dates: 12th, 19th & 26th October 2016
Time: 5.30 to 19.00
Venue: Arts Lecture Theatre (Arts Building- behind the main Library)

The course will be run by two trained psychology assistants. The session topics focused on will include Managing your Stress, Managing your Body and Managing your Mind.

For information on how to book go to:

http://www.moodcafe.co.uk/learn-to-deal-with-stress-at-a-local-class.aspx
Svaroopa Yoga
Lunch Time Sessions

A series of 4 one-hour lunchtime classes on Mondays, to refresh and recharge your mind and help to face the pressures of work and life.

Date(s): 24th October, 21st November, 13th February and 17th April.

Use your body to refresh and recharge your mind, clearing away thoughts and emotions that cause stress and tensions. Along with amazing physical improvements, Svaroopa® yoga clears multiple levels simultaneously (physical, mental and emotional), to open up access to your own deeper essence, named “svaroopa”.

Open to all University staff, but registration is required. For further information and to book go to:

http://www.st-andrews.ac.uk/staff/wellbeing/news/
Healthy Working Lives

In December 2014 the University achieved the Healthy Working Lives Bronze Award.

This was the result of more than a year of hard work, disseminating information and organising a wide range of activities to promote health and wellbeing at work.

This year we are going for the Silver!

Silver Award

We want as many colleagues as possible to be part of the Healthy Working Lives initiative.

We want the Wellbeing and Engagement Group to have representation from all parts of the University staff community and we are also looking for ‘local champions’ who will help with dissemination of information and organising local activities.

If you are interested in getting involved or if you have any comments or suggestions, email the Wellbeing and Engagement at: wellgrp@st-andrews.ac.uk

Bronze Award
Join the Movement for Men's Health

Sign Up for Movember

Men are facing a health crisis that isn't being talked about. They are dying too young, before their time.

What can you do for men's health this Movember?

Grow Your Movember Mustache or take the Move Challenge and use it to raise funds for men's health. To find out how you can join the Movember Movement please email with the subject heading 'Movember' to:

wellgrp@st-andrews.ac.uk
Wellbeing on Tour

We are offering Wellbeing on Tour! This is an opportunity to have a 45 minute lunchtime wellbeing session delivered in your workplace to you and your colleagues.

One Tuesday each month, Lori Leigh Davis will be leading a 'Desk Yoga' session at a University workplace, and one Friday each month Sam Layton from View Studios will be running a 'Desk Reviver' session somewhere on the campus.

If you would like one of these sessions in your workplace, click the button below to register your interest and we will get back in touch with you to discuss details and schedule a Wellbeing on Tour session.

You will need to book a suitable flat space where the session can be held and ensure that there are chairs available for participants to sit.

If you want more information or would be interested in hosting a Wellbeing on Tour session in your workplace, email:

wellgrp@st-andrews.ac.uk
Yes! Please sign me up!

If this newsletter has been forwarded to you, you can sign up to have future editions sent directly to you.

Just email us with 'Opt in' in the subject line, at:
wellgrp@st-andrews.ac.uk

See the Wellbeing webpage for more news, resources and information

http://www.st-andrews.ac.uk/staff/wellbeing/