This February take advantage of our Library resources.

Did you know...

Reading for just 30 minutes a week can have a positive impact on your health and wellbeing, sleep and creativity.

Click on the link below for our Wellbeing Reading List:

http://resourcelists.st-andrews.ac.uk/lists/A3B65461-5EAC-C236-A218-E8552B475B0B.html

Source: Learning and Work Institute
FRESH PRODUCE GIVEAWAY!

On 23 February, with generous support from Andersons and Kettle Produce, we are giving away fresh fruit and veg to help you towards your ‘5 a day’ – absolutely free!

Register your name to enter our draw for a chance to receive 2kg of fresh fruit and veg.

To register just email ‘produce giveaway’ and your name to wellgrp@st-andrews.ac.uk by Friday, 17 February 2017.

Enquiries to wellgrp@st-andrews.ac.uk
Part of the University Wellbeing and Engagement programme
February is ♥ Yourself month! Fairtrade in St Andrews and CAPOD are giving away 15 100g bars of Divine 70% Dark Chocolate!

To enter our draw, email wellgrp@st-andrews.ac.uk with the subject line ‘fairtrade chocolate’ by Friday, 17 February 2017.

A 100 gram bar of dark chocolate with 70% cocoa contains:

- 11 grams of fibre.
- 67% of the RDA for Iron.
- 58% of the RDA for Magnesium.
- 89% of the RDA for Copper.
- 98% of the RDA for Manganese.

It also has plenty of potassium, phosphorus, zinc and selenium.


Keep a look out for more information on Facebook at @FairtradeinStAndrews, or email us at fairtrade@st-andrews.ac.uk if you want to get involved!
On Saturday, 4th February members of staff along with their family, friends (and pets!) toured St Andrews on our first Expert Leader Walk!

Stay up to date with Well Now for details of our next WWOW event.
17 February 2017
Dealing with Difficult Behaviour Part One

20 February 2017
Strictly DDMIX Dance!

21 February 2017
Mindfulness

22 February 2017
Wellbeing Routine & Breathing

23 February 2017
Jump into January+ Mid-Programme Booster

To be added on our waiting list, please visit PDMS:
https://www.st-andrews.ac.uk/pdms/index.php
Bike to Work Breakfast

Cycle to work on 20 February and get a FREE breakfast - sit-down or takeaway!

A specialist from the St Andrews Bike Pool will be on hand for advice and help with bike maintenance and quick repairs

20 February, 8.00am – 9.00am
Mansfield Building
Open to all staff
WE'RE DELIGHTED TO ANNOUNCE THE WORKPLACE JOURNEY CHALLENGE

SIGN UP, HELP YOUR DEPARTMENT COMPETE AND WIN PRIZES

SCOTLAND.GETMEACTIVE.ORG.UK

IS BACK THIS YEAR!
WWOW
Wee Walk Once a Week
Presents:
Walk & Talk

Stay active and get to know other members of the University!

Starting at St Salvator's Quad.
Join us on Thursday, 2 March 2017 at 1pm for a special WWOW walk around the East Sands!

For more information and to register please send an email to wellgrp@st-andrews.ac.uk with the subject line "walk and talk".
Tai Chi

Beginner Classes

These sessions will take place over 4 Tuesday lunchtimes

Dates(S): 7, 14, 21 and 28 March

Experience the eight active ingredients of Tai Chi:

- Awareness, Mindfulness, Focussed Attention
- Intention, Belief, Expectation
- Dynamic, Structural Integration
- Active Relaxation of Mind and Body
- Aerobic Exercise, Musculoskeletal Strengthening and Flexibility
- Natural, Freer Breathing
- Social Interaction and Community
- Embodied Spirituality, Philosophy and Ritual

For more information and to book, please click on the link below:
YOUR WELL NOW
SHARE YOUR NEWS!

STAFF HOCKEY
SUNDAY EVENINGS FROM 6-8PM AT THE ATHLETIC UNION HOCKEY PITCH
INTERESTED? EMAIL JAMIE CARNEGIE AT JC275@ST-ANDREWS.AC.UK

NET BALL TASTER
ONE HOUR NET BALL TASTER SESSION AT THE SPORTS CENTRE
INTERESTED? EMAIL HEATHER GAUNT AT HG34@ST-ANDREWS.AC.UK

SHARE YOUR NEWS!
TELL US WHAT YOU'RE UP TO!
SHOWCASE YOUR HEALTH & WELLBEING EVENTS, ACTIVITIES, FUNDRAISERS AND SOCIAL GROUPS.

EMAIL WELLGRP@ST-ANDREWS.AC.UK WITH THE SUBJECT HEADING "YOUR WELL NOW".
ALZHEIMER'S SUPPORT GROUP

Are you a carer, family member, neighbour or friend to someone affected by Alzheimer's or another form of dementia? For all University staff who are in this position there is an informal and friendly support group being set up that will meet once or twice per semester. If you are interested in joining please email Julia Prest jtp22@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.

Click on the button below to sign up.

See the Wellbeing webpage for more news, resources and information

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