Join the Movement for Men's Health

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 MO

For 30 days, champion the Movember Moustache to raise awareness for men's health.

And may the best Mo win!

Submit a photo of your Mo to wellgrp@st-andrews.ac.uk for a chance to win a complimentary Classic hot shave, cut and finish with Spoiled Men in St Andrews - valued at £50.00!

Photo submission deadline is Monday, 5 December 2016
Care for Carers

1 in 4 employees between the age of 45-60 have carer responsibilities for a loved one

Every day another 6,000 people take on a caring responsibility – over 2 million people each year

58% of carers are women and 42% are men

Caring can be extremely complicated and getting the right information at the right time can make all the difference.

By 2037, it’s anticipated that the number of carers will increase to 9 million

CAPOD has introduced two new courses:

Wellbeing for Carers
Session One: 21 November 2016
Session Two: 30 November 2016

This two part course is being run by a former GP and beneficial to staff who have a caring role as well as working.

Introduction to Dementia & Making the Most of Retained Skills

taking place on 17 November

Additional resources from Carers UK will be available at these events.

Carers Rights Day 2016 is on Friday 25 November. For more information visit www.carersuk.org

This course is run by Dr Maggie Ellis from Psychology, also leading the project to make St Andrews a Dementia Friendly community.
Sign Up Today

Resilience in the Face of Change Course

Date(s):
Part One: 11 November 2016
Part Two: 13 January 2017
Part One: 4 April 2017
Part Two: 30 May 2017

This session will introduce staff to the concept of resilience in the workplace, and give you the opportunity to think about how you build resilience to cope with the constant change of modern working life.

Mindfulness Course

Date(s):
10 November 2016
21 February 2017

Mindfulness practice teaches us to stay in the present moment, rather than reliving the past or pre-living the future. Mindfulness means paying attention, on purpose, to the present without stress provoking negative judgments.

Open to all University staff, but registration is required. For further information and to book, follow the link below:

https://www.st-andrews.ac.uk/pdms/
Yoga

Monday Evening Series

This series of yoga classes is being run in the early evening from 1730-1830 on Mondays for the following four weeks:

Dates(S): 7th November, 14th November, 21st November and 28th November

Open to all University staff, but registration is required. For further information and to book, follow the link below:

https://www.st-andrews.ac.uk/pdms/?Mode=Search&AudienceID=5&CourseID=6940
Tai Chi
Beginner Classes

These sessions will take place over 4 Tuesday lunchtimes

Dates(S): 15, 22, 29 November and 6 December

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

Open to all University staff, but registration is required. For further information and to book, follow the link below:

https://www.st-andrews.ac.uk/pdms/?Mode=Search&AudienceID=5&CourseID=6939
35 minute Move, Breath and Relax Classes on 2nd November, 9th November, 16th November and 23rd November.

Open to all University staff, but registration is required. For further information and to book, follow the link below:

https://www.st-andrews.ac.uk/pdms/?Mode=Search&AudienceID=5&CourseID=6929

Move Breathe and Relax Classes

Relaxation techniques are extremely useful tools that you can use to help you to reduce your stress and relax so you enjoy life! Practicing various techniques can help to improve coping skills in the face of stress -- which increases your resilience and leads to an enhanced quality of life.

During the session you will explore and practice different relaxation techniques for both your mind and body which are helpful during times of stress -- find what works for you, and incorporate it into your daily life.

Choose to practice relaxation techniques that you like, feel comfortable with, and feel relaxed by. Then learn to make it a regular part of your life!

Classes are suitable for all ages and experience and encompass movement, breathing exercises, and relaxation (the class can all be done in a chair).

Benefits of Movement and Warm up:
* Improves circulation
* Boosts energy
* Develops flexibility, coordination, balance and strength

Benefits of Breathing:
* Calms the nerves
* Develops concentration and clarity
* Helps reduce anger, anxiety and stress

Benefits of Visualisations:
* Improves concentration, listening skills and memory
* Improves mental and emotional health
* Promotes deeper sleep

Themes include: Gratitude, Loving Kindness, calming anxiety, deepening concentration.

Email: relaxmonifieth@gmail.com
Phone: 07504904464
There's Still Time!

Complete a survey for our Healthy Working Lives Silver Award submission.

Win one of 4 £30 shopping vouchers!

NHS Fife has recognised our University as an example of good practice for our health and wellbeing programmes. In 2014, as a 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, we were awarded the Healthy Working Lives Bronze Award.

This year, we are going for Silver!

The survey is live until 11 November 2016.

This survey has been approved by UTREC and is confidential and anonymous. Upon completion, you may enter a Prize Draw for one of 4 £30 shopping vouchers with local retailers. This will not affect the anonymity of your survey.

The results will inform the work of the University Wellbeing and Engagement Group in developing our Healthy Working Lives Action Plan and our programmes of health and wellbeing activities, events and campaigns.

If you would like to participate in this short, 10 minute survey and help us achieve the Silver Award, please click the link below:

https://standrews.onlinesurveys.ac.uk/healthy-working-lives-2015-16
Our University Walking Group WWO (Wee Walk Once a Week) Semester 1 schedule is now available. The 30 minute WWO 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.

<table>
<thead>
<tr>
<th>November Schedule:</th>
<th>December Schedule:</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 November 2016 12.30</td>
<td>28 November 2016 08.30</td>
</tr>
<tr>
<td>8 November 2016 17.00</td>
<td>8 December 2016 12.30</td>
</tr>
<tr>
<td>18 November 2016 12.30</td>
<td>13 December 2016 12.30</td>
</tr>
<tr>
<td>23 November 2016 12.30</td>
<td></td>
</tr>
</tbody>
</table>

The WWO webpage includes general information about WWO 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 WWO challenge and complete 20 walks for giveaways and a WWO club insert for your Passport to Health and Wellbeing Excellence.

We are still looking to recruit more Walk Leaders. Check the WWO web page for more information and contact us if you may be interested.
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/