

Pause@UoB

Group Work Programme Spring 2021

Pause@UoB are running a whole host of wellbeing inspired webinars and workshops over the coming months. The sessions run on a rolling programme so you don't miss anything. Sign up for all groups intranet.birmingham.ac.uk/pause

February & March

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| 2nd & 16th February 2nd & 16th March 1: 30- 2:30pm | Let's Read Together | Taking time out to read together, whether that be short stories or poems, is something we don't often do, and positive benefits of doing this are often overlooked. Designed in collaboration with the Birmingham International Academy, this session is tailored for international students as an opportunity to connect with others and help develop your spoken English language. |
| 3rd February 3rd March 3:00—4:00pm | Resilience Tree | A creative workshop where students get to draw their own 'Resilience Tree' to help recognise their strengths, wishes and goals and increase their emotional resilience. They do not have to have any art skills. |
| 11th February 11th March 3:00—4:00pm | Fuel your Fire | An informative workshop aimed at improving wellbeing by looking at energy. Relying on tools to manage energy levels, particularly when life gets tough and practical ways to support an improved life-style with enhanced wellbeing. |
| 17th February 17th February 2:00—3:00pm | Wellbeing Boost | This session will provide you with an awareness of some common mental health challenges such as anxiety and low mood. You will learn how to check your own wellbeing and where to go if you need more support. |
| 25th February 25th March 2:00—3:00pm | Mind Craft 2.0 | This session will offer you a brief insight into the practice of Mindfulness. It will focus on why and when we can use Mindfulness to support good mental health in addition to tackling some myths associated with it. We will also practice two Mindfulness exercises which can be used at home (or indeed anywhere!) to help develop your own practice. |
| 10th March 2-3pm | State of Balance | Reflect on principles, actions and mindsets that you can integrate into your life that help you feel emotionally satisfied and balanced in your life. |