

National Stress Awareness Day - Activities

National Stress Awareness day will be taking place on Wednesday 7th November.

Activities	Venue and booking – or just turn up
Information Stands – materials supplied by Occupational Health, The Counselling Service, UCU, NUS	Atrium and Student Central
Meditation – learn how to calm yourself and improve your sleep. 1.00 – 2.00	Activities Room Student Central Book via Counselling Service counselling@bradford.ac.uk 235750
Managing Stress through Relaxation – run by the Counselling Service (Friday 9th November)	Book through staff development
Wellbeing Board – come and tell us what aids <i>your</i> sense of Wellbeing	Atrium
Pick your top Wellbeing related activities or services at the University	Atrium
Taster sessions in Indian Head Massage, Reflexology, Neck and Shoulder massage 10.00 – 3.00	Atrium – book early!
Taster physio sessions by the Physio Clinic staff and students 11.00 – 1.00 and 2.00 – 3.00	Student Central Activities Room – book early!
Sleep Wall – tell us what helps <i>you</i> to sleep (and what hinders). Complete the Sleep Hygiene questionnaire and find out how to improve your sleep (and feel better!!)	Student Central
Yoga session – learn some basic techniques or practice what you know already for improved Wellbeing 1.15 – 2.15	Unique, University Sports Centre – just turn up