




NTU Wellbeing Week 8 - 12 MARCH 2021

Monday 8 March	Tuesday 9 March	Wednesday 10 March	Thursday 11 March	Friday 12 March
<p>Peaks Challenge on NTU Moves Day 1</p> <p>Walk either the distance of Ben Nevis or go all the way to cover the 3 Peak distance. New to NTU Moves please refer HERE Prizes for people who finish either the 1 peak or 3 peaks For both the 1 Peak and 3 Peak challenges we will pick 3 random winners 1st will win 50.00 Amazon vouchers 2nd will win 30.00 Amazon vouchers 3rd will win 15.00 Amazon vouchers</p>	<p>Peaks Challenge on NTU Moves Day 2</p> <p>Walk either the distance of Ben Nevis or go all the way to cover the 3 Peak distance</p>	<p>Peaks Challenge on NTU Moves Day 3</p> <p>Walk either the distance of Ben Nevis or go all the way to cover the 3 Peak distance</p>	<p>Peaks Challenge on NTU Moves Day 4</p> <p>Walk either the distance of Ben Nevis or go all the way to cover the 3 Peak distance</p>	<p>Peaks Challenge on NTU Moves Day 5</p> <p>Walk either the distance of Ben Nevis or go all the way to cover the 3 Peak distance</p>
<p>Day 1 Give it a try: Action For Happiness—Ten Days of Happiness</p> <p>Check out the online course to help boost your wellbeing available via: 10 Days of Happiness</p>	<p>Day 2 Give it a try: Action for Happiness App</p> <p>The app is like having a personal action coach in your pocket. Sends inspiring messages, helps you connect with others and gives you nice nudges... Action for Happiness</p>	<p>Day 3 Give it a try: Zero Suicide Alliance Modules</p> <p>Check out the online modules- provides better understanding of the signs and skills required to approach someone who might be struggling Find the ZSA Zero Suicide Alliance training</p>	<p>Day 4 Give it a try: Mindfulness Walks</p> <p>Check out our self led Mindfulness Walks for City & Brackenhurst. Just download and away you go City Walk Brackenhurst Walk</p>	<p>Day 5 Give it a try Breakfast Ideas</p> <p>Give one of these yummy recipes a try to give you a great start to your day...yum! Shake Up Your Wake Up</p>
<p>NTU Sport Yoga, 8-8.45am</p> <p>Relax, stretch, energise and get plenty of head space. Join the class via Microsoft Teams. Joining instruction can be found HERE</p>	<p>Eating Disorders & You! Delivered by Rob from First Steps, 10-11am</p> <p>An overview into what body image is and the day-to-day factors that can influence the perception of ourselves and our relationship with our bodies Click here to join the meeting</p>	<p>Employability Pictionary, 2-3pm</p> <p>Join some of the Employability team in a fun virtual game of Pictionary. All you need is Microsoft Paint (or a similar drawing app), talent not essential! Please click the link to book: Employability Pictionary</p>	<p>NTU Sport Yoga, 8-8.45am</p> <p>Relax, stretch, energise and get plenty of head space. Join the class via Microsoft Teams. Joining instruction can be found HERE</p>	<p>Self-Defence Class, 7:15-8pm</p> <p>Back by popular demand. Learn the key moves with this fun class. Please contact healthyntu.ac.uk for the joining link</p>
<p>Stress Less with Employability, 2pm-3pm</p> <p>Giving you the opportunity to talk about how you are feeling in our current circumstances, Providing you with tips and strategies to help you stay positive and focused at this time Book via Stress Less with Employability</p>	<p>NTU Sport Yoga, 12:15-1pm</p> <p>Relax, stretch, energise and get plenty of head space. Join the class via Microsoft Teams. Joining instruction can be found HERE</p>	<p>Look After Your Mates Workshop, 1-3pm</p> <p>Covers how to support a mate and look after your own mental health To book email: healthyntu@ntu.ac.uk or Join Microsoft Teams Meeting</p>	<p>Rock Painting, 1-2pm</p> <p>Join our Mental Health Champions for a relaxing rock painting session. All you need to bring along are some large rocks, paint and brushes! If you need materials to take part in this session please contact healthyntu@ntu.ac.uk by 2 March at the latest Click here to join the meeting</p>	<p>Beginnings, Banjoleles and Becoming a Future You (Podcast)</p> <p>Join Suzy and Diana as they talk to recent NTU graduate, Sam Williams and NTU's very own Director of Education, Dr Chris Rolph. As they chat about their experiences with The Future You Internship Programme! Touching on past roles, transferable skills and the joys of remote working. Visit ntu.ac.uk/empcast to find out where to listen</p>
<p>Social media take over 'do more of what makes you happy'</p> <p>Win a happy hamper (running all week) by sharing you pics via our insta accounts; @ntustudentservices, @trentsu</p>	<p>STUDENT SPACE studentspace.org.uk</p> 	<p>Drawing, 3-4pm</p> <p>This will be a fun session of drawing. No drawing skills required Click here to join the meeting</p>		
<p>Mindfulness—Mind, Body, Breath Connection, 4-4.45pm</p> <p>The class is a great way to get some headspace, relax and energise your body To access the class please use the following link: Click here to join the meeting</p>		<p>NTU Sport Yoga, 5:15-6pm</p> <p>Relax, stretch, energise and get plenty of head space. Join the class via Microsoft Teams. Joining instruction can be found HERE</p>	