

Self-help resources

Student Wellbeing resources are available at our reception and online, to help you help yourself. They include

- information booklets and leaflets about common problems
- self-help workbooks
- online programmes
- life skills resources
- mindfulness resources
- online support networks
- student-specific websites

Visit blogs.shu.ac.uk/studentwellbeing
shuspace – search 'student wellbeing self help'

Contact us

Student Wellbeing Reception
Level 1, Surrey Building
City Campus
Phone **0114 225 2136**

Monday 8.45am–5.15pm
Tuesday 10.30am–5.15pm
Wednesday 8.45am–7pm
(5.15pm out of term-time)
Thursday 8.45am–5.15pm
Friday 8.45am–4.45pm

Student Services Centre
Level 0, Heart of the Campus
Collegiate Crescent
Collegiate Campus
Phone **0114 225 2491**

Monday 8.45am–5.15pm
Tuesday 8.45am–5.15pm
Wednesday 10.30am–5.15pm
Thursday 8.45am–5.15pm
Friday 8.45am–4.45pm

Email student.wellbeing@shu.ac.uk
Follow us on Twitter  [@SHUSWB](https://twitter.com/SHUSWB)
blogs.shu.ac.uk/studentwellbeing
shu.ac.uk/studentwellbeing

Multifaith Chaplaincy
Multifaith Centre
Level 2, Owen Building
City Campus
Phone **0114 225 4577**
Email chaplaincy@shu.ac.uk

Student Wellbeing Workshops 2014–15

Emergency or crisis help

If you need to speak to someone in an emergency please contact your GP, NHS on **111**, Nightline on **0114 222 8787** or Samaritans on **08457 909090** or jo@samaritans.org



Student Wellbeing workshops

Our interactive workshops and group sessions give you the chance to learn skills and techniques to enhance your wellbeing and get the most out of University life. Our annual programme is updated each year based on what students have found useful.

Settling in to life at SHU

If you're a new student or coming back after a break, drop in and talk to Hylda and Kate about how you can

- make the most of university life
- take good care of yourself
- balance study with your personal life

Assertiveness skills

'How we see ourselves creates the confidence we portray to others.' Tamisha Ford

Assertiveness is the ability to honestly express opinions, feelings, attitudes and rights, without undue anxiety, in a way that does not infringe on the rights of others.

Assertiveness skills can improve your interaction with others, helping you with group work, placements, or in your social and personal relationships.

Join us for this introductory session, where we will be exploring some key ideas and skills – and how to put them into practice.

Being effective under pressure

- Do you feel that there is never enough time to do everything?
- Does it all get too much and you lose motivation?
- Is it all work and no play?

This practical workshop looks at how to establish an effective study-life balance. We will explore strategies to help you identify and lower your stress levels to enable you to feel in control and be productive.

How to stop putting things off

'It's a job that's never started that takes the longest to finish.' JRR Tolkien

- Do you often rush to meet a deadline?
- Does tomorrow often seem the better option?
- Do you feel overwhelmed and not know where to start?

Come along to this workshop to gain awareness of what happens for you in putting things off – and identify some strategies for getting on with the task.

Meditation at lunchtime

Take time out, draw breath and relax. This is a mid-week oasis of space and the chance to be still. The meditation is facilitated by members of the Chaplaincy team. Sessions are free and open to all. No experience of meditation is necessary.

Mindfulness

'You can't stop the waves, but you can learn to surf.' Jon Kabat-Zinn

Find out more about this powerful technique that reduces stress and anxiety, improves sleep, aids concentration and memory, and has an overall positive impact on wellbeing.

Introduction to mindfulness

A seminar that introduces the concept of mindfulness and the implications for improved mental health and wellbeing, as well as teaching some key mindfulness practices.

Mindfulness follow-up

For those who have attended the Introduction to mindfulness session, these sessions on Wednesday afternoons will help you further develop your mindfulness practice.

Mindfulness based life enhancement course

Run by John Darwin from the Centre for Mindful Life Enhancement, this is a six-week course for those committed to applying mindfulness practice in the everyday life. If you would like to take your mindfulness practice to a much deeper level, this is a great opportunity.

MBLE draws upon Buddhist philosophy and psychology, as well as a variety of other disciplines, including ancient Greek philosophy, social psychology, positive psychology and learning theory. See mindfulenhance.org for more information.

SYEDA biteback

Are constant thoughts about food and exercise stopping you from studying, socialising and relaxing?

Biteback is a support group for students with an eating disorder. It is run in partnership with South Yorkshire Eating Disorders Association (SYEDA). Sessions are led by trained SYEDA volunteers and offer free support, information and a safe and confidential space to share your experiences.

Biteback is held at both Sheffield universities and students can attend either group.

- Sheffield Hallam: third Wednesday of the month, 6–7.30pm (see pages 4–5)
- University of Sheffield: third Monday of the month, 5–6.30pm, the Octagon TV Lounge

To find out more, including details of a one-to-one Biteback drop-in service, visit syeda.org.uk

Writing for wellbeing

Using therapeutic writing skills to express and value yourself

'We write before knowing what to say and how to say it, and in order to find out, if possible.' Jean-Francois Lyotard

This group will meet over three weeks to help you develop some creative tools which you can apply in your everyday life. We will use therapeutic writing to help you build self-esteem and express yourself creatively. Therapeutic writing can be helpful to

- clarify your thoughts
- express and understand your emotions
- build and develop your sense of self and value
- aid decision-making and finding solutions to problems
- increase understanding of yourself and others

This group is not about being a good writer – spelling and grammar are not important! You can share as much or as little with others as you want – it's up to you. Therapeutic writing workshops aim to offer a reflective personal space in the company of others who are doing the same.

You will gain most benefit if you commit to attending all three sessions in the series. There is a maximum of six to eight participants.

Workshop timetable

Date	Time	Workshop	Location
Tuesday 30 September	1.30–2.30pm	Settling in to life at SHU	Student Support Zone, Student Services, Level 5 Owen, City
Tuesday 7 October	1.30–2.30pm	Settling in to life at SHU	HC.0.34, Level 0, Heart of the Campus, Collegiate
Tuesday 7 October	12.30–2pm	Being effective under pressure	Student Wellbeing, 5121, Level 1, Surrey Building, City
Wednesday 15 October	3–5pm	Introduction to mindfulness	Multifaith Chaplaincy, Level 2, Owen, City
Monday 20 October	2–3.30pm	Assertiveness skills	661.3, Level 6 in Library section of Adsetts, City
Wednesday 22 October	6–7.30pm	SYEDA biteback	HC.0.17, Level 0, Heart of the Campus, Collegiate
Wednesday 29 October	3.30–5pm	Mindfulness follow-up	Student Wellbeing, 5121, Level 1, Surrey Building, City
Wednesday 12 November	3–5pm	Introduction to mindfulness	Multifaith Chaplaincy, Level 2, Owen, City
Tuesday 18 November	12.30–2pm	Being effective under pressure	HC.1.47, Level 1, Heart of the Campus, Collegiate
Wednesday 19 November	6–7.30pm	SYEDA biteback	HC.0.17, Level 0, Heart of the Campus, Collegiate
Monday 24 November	2–3.30pm	Assertiveness skills	661.3, Level 6 in Library section of Adsetts, City
Wednesday 26 November	3.30–5pm	Mindfulness follow-up	Student Wellbeing, 5121, Level 1, Surrey Building, City
Thursday 27 November	12–1.30pm	Writing for wellbeing	Student Wellbeing, 5121, Level 1, Surrey Building, City
Monday 1 December	1–2.30pm	Assertiveness skills	HC.1.47, Level 1, Heart of the Campus, Collegiate
Wednesday 3 December	2.30–4pm	How to stop putting things off	661.3, Level 6 in Library section of Adsetts, City
Thursday 4 December	12–1.30pm	Writing for wellbeing	Student Wellbeing, 5121, Level 1, Surrey Building, City
Wednesday 10 December	3–5pm	Introduction to mindfulness	Multifaith Chaplaincy, Level 2, Owen, City
Thursday 11 December	12–1.30pm	Writing for wellbeing	Student Wellbeing, 5121, Level 1, Surrey Building, City
Wednesday 17 December	6–7.30pm	SYEDA biteback	HC.0.17, Level 0, Heart of the Campus, Collegiate
Wednesday 17 December	3.30–5pm	Mindfulness follow-up	Student Wellbeing, 5121, Level 1, Surrey Building, City
Christmas break			
Wednesday 21 January	6–7.30pm	SYEDA biteback	HC.0.17, Level 0, Heart of the Campus, Collegiate
Wednesday 28 January	2.30–4pm	How to stop putting things off	661.3, Level 6 in Library section of Adsetts, City
Tuesday 3 February	12.30–2pm	Being effective under pressure	Student Wellbeing, 5121, Level 1, Surrey Building, City
Wednesday 18 February	3–5pm	Introduction to mindfulness	Multifaith Chaplaincy, Level 2, Owen, City
Wednesday 18 February	6–7.30pm	SYEDA biteback	HC.0.17, Level 0, Heart of the Campus, Collegiate
Wednesday 4 March	3.30–5pm	Mindfulness follow-up	Student Wellbeing, 5121, Level 1, Surrey Building, City
Easter break			
Wednesday 15 April	3–5pm	Introduction to mindfulness	Multifaith Chaplaincy, Level 2, Owen, City
Wednesday 15 April	6–7.30pm	SYEDA biteback	HC.0.17, Level 0, Heart of the Campus, Collegiate
Monday 20 April	2–3.30pm	Assertiveness skills	661.3, Level 6 in Library section of Adsetts, City
Wednesday 29 April	3.30–5pm	Mindfulness follow-up	Student Wellbeing, 5121, Level 1, Surrey Building, City
Wednesday 13 May	3–5pm	Introduction to mindfulness	Multifaith Chaplaincy, Level 2, Owen, City
Monday 18 May	2–3.30pm	Assertiveness skills	661.3, Level 6 in Library section of Adsetts, City
Wednesday 20 May	6–7.30pm	SYEDA biteback	HC.0.17, Level 0, Heart of the Campus, Collegiate
Wednesday 27 May	3.30–5pm	Mindfulness follow-up	Student Wellbeing, 5121, Level 1, Surrey Building, City
Wednesday 17 June	6–7.30pm	SYEDA biteback	HC.0.17, Level 0, Heart of the Campus, Collegiate
Wednesday 15 July	6–7.30pm	SYEDA biteback	HC.0.17, Level 0, Heart of the Campus, Collegiate
Mindfulness course with John Darwin			
Tuesday 27 January	2–5.15pm	Mindfulness based life enhancement course	Multifaith Chaplaincy, Level 2, Owen, City
Tuesday 3 February	2–5.15pm	Mindfulness based life enhancement course	Multifaith Chaplaincy, Level 2, Owen, City
Tuesday 10 February	2–5.15pm	Mindfulness based life enhancement course	Multifaith Chaplaincy, Level 2, Owen, City
Tuesday 17 February	2–5.15pm	Mindfulness based life enhancement course	Multifaith Chaplaincy, Level 2, Owen, City
Saturday 21 February	2–5.15pm	Mindfulness based life enhancement course	Multifaith Chaplaincy, Level 2, Owen, City
Tuesday 24 February	2–5.15pm	Mindfulness based life enhancement course	Multifaith Chaplaincy, Level 2, Owen, City
Tuesday 3 March	2–5.15pm	Mindfulness based life enhancement course	Multifaith Chaplaincy, Level 2, Owen, City

Meditation every Wednesday, 1–1.30pm at the Multifaith Centre, Level 2, Owen Building, City Campus
Meditation fortnightly, 1–1.30pm at Collegiate Campus – check with Chaplaincy for dates and venue

What students have said about our workshops

131 students came to our scheduled workshops last year and 96% said the workshops were useful to their studies.

Settling in to life at SHU

'It was great to get together and hear how others cope, finding different solutions. The leaflets are going to be useful.'

Assertiveness skills

'I found it really interesting and helpful that even though we all have some confidence issues we can easily turn them around.'

'This session has helped me gain confidence and learn techniques on how to express my own opinions at uni and with groups of friends.'

Being effective under pressure

'This workshop will help me break everything I have to do into smaller, more manageable chunks—and be more confident in my own ability.'

'I will try and get a better balance and start planning my upcoming weeks. I'll allow more time to relax, have a bath, and see friends.'

How to stop putting things off

'I had been feeling really stuck, but this workshop will help me get on with my work.'

'I leave everything to the last minute and wanted to stop doing this! I understand more now what's going on and how I'll do anything else rather than what I'm supposed to be doing. Now I have some motivation – I just need to keep it up!'

Mindfulness

'The discussion about common problems and other people's problems was helpful as it reassured me that my problems are quite normal.'

'Doing the exercises was very useful. And it was good to have a brief account and background to mindfulness too.'

Booking a workshop place

To book on to one of the following workshops visit blogs.shu.ac.uk/studentwellbeing or *shuspace*.

- Assertiveness skills
- Being effective under pressure
- How to stop putting things off
- Introduction to mindfulness
- Writing for wellbeing

We will send you an email reminder a day or two before the session. If you have difficulty booking a session or you have any questions, please email student.wellbeing@shu.ac.uk

Email John Darwin at johndarwin@aol.com to book a place on

- Mindfulness based life enhancement course
- No booking required on the following sessions, just drop-in!
- Meditation
 - Settling in to life at SHU
 - SYEDA biteback

We can also offer additional workshops depending on demand. If there's a particular topic you would like us to run a workshop on, let us know at student.wellbeing@shu.ac.uk