

**GET
PRESENT**

GIVE

**GET
ACTIVE**

WELLBEING WEEK

CONNECT

**LEARN
NEW
SKILLS**

2ND - 6TH MARCH 2020
#StirWellbeingWeek

**TO SEE WHAT'S ON
AND TO FIND LINKS TO SUPPORT
VISIT: STIRLINGSTUDENTSUNION.COM**

WELLBEING WEEK

2ND - 6TH MARCH 2020

MONDAY - CONNECT

10AM - LABYRINTH WALK - CHAPLAINCY

11.30AM - CAFE CONNECT - ATRIUM

1PM - LABYRINTH WALK - CHAPLAINCY

3.30PM - GLOBAL CAFE - CHAPLAINCY

TUESDAY - GIVE

12 NOON - SVE SESSION - HOW TO START YOUR VOLUNTEER JOURNEY - 3A1

1PM - INTERVIEW SKILLS SESSION - 3A1

2PM - MY STIRLING AWARD INFORMATION SESSION - 3A1

3PM - VOLUNTEER DROP-IN SESSION - 3A1

WEDNESDAY - GET ACTIVE

10AM - FITNESS OFFICER TEAM ADVICE - ATRIUM

2PM - FREE HATHA YOGA TASTER - MACROBERT

2.35PM - FREE GUIDED MEDITATION YOGA

2PM - GARDEN SESSION

THURSDAY - GET PRESENT

8AM - MINDFUL FILM SCREENING DROP IN- MACROBERT

10.30AM - DIY SUSTAINABILITY WORKSHOP - CHAPLAINCY

11.30AM - MINDFULNESS SESSION - LIBRARY WELLNESS SPACE

12.30AM - RELAXATION SESSION - CHAPLAINCY

4PM - PATCHES FOR PEACE - CHAPLAINCY

FRIDAY - LEARN NEW SKILLS

9AM - CREATIVE BREAKFAST - MACROBERT

11AM - STUDENT LEARNING SERVICE STALL

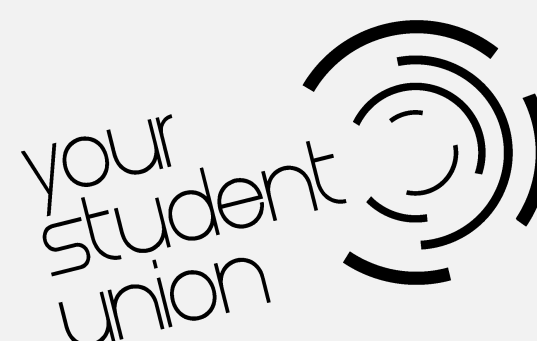
11AM - LEARN TO LEARN STALL

12 NOON - LANGUAGE SWAP - CHAPLAINCY

#StirWellbeingWeek



UNIVERSITY of
STIRLING



WELLBEING WEEK: CONNECT

MONDAY 2ND MARCH - WHAT'S ON?

TALK & LISTEN WITH OTHERS TO FEEL
CONNECTED

10am - Labyrinth Walk - Chaplaincy

11.30am - Cafe Connect - Atrium

1pm - Labyrinth Walk - Chaplaincy

3.30pm - Global Cafe - Chaplaincy

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WELLBEING WEEK: GIVE

TUESDAY 3RD MARCH - WHAT'S ON?

GIVING BACK OR GIVE TIME TO SOMEONE

12 noon - SVE session - How to start your
volunteer journey - 3A1

1pm - Interview Skills Session - 3A1

2pm - My Stirling Award Information
Session - 3A1

3pm - Volunteer Drop-In Session - 3A1

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WELLBEING WEEK: GET ACTIVE

WEDNESDAY 4TH MARCH - WHAT'S ON?

TRY SOMETHING NEW THROUGH PHYSICAL
ACTIVITY

10am - Fitness officer team advice - Atrium

2pm - FREE Hatha Yoga Taster - Macrobert

2.35pm - FREE Guided Meditation Yoga -

Macrobert

2pm - Garden session

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WELLBEING WEEK: GET PRESENT

THURSDAY 5TH MARCH - WHAT'S ON?

**TAKE NOTICE OF THE SURROUNDINGS
AROUND YOU**

8am - Mindful Film Screening Drop in - Macrobert

10.30am - DIY Sustainability Workshop - Chaplaincy

11.30am - Mindfulness Session - Library

Wellness Space

12.30am - Relaxation Session - Chaplaincy

4pm - Patches for Peace - Chaplaincy

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WELLBEING WEEK: LEARN NEW SKILLS

FRIDAY 6TH MARCH - WHAT'S ON?

TRY AND LEARN SOMETHING NEW

9am - Creative Breakfast - Macrobert

11am - Student Learning Service Stall

11am - Learn to Learn stall

12 noon - Language Swap - Chaplaincy

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