

Supporting mental health at universities

Mindfulness training is a good way to support student and staff well-being. By providing knowledge and tools to help cope with everyday stressors, we work proactively against mental health issues.

Benefits of mindfulness training

- ▶ Help dealing with anxiety, depression and negative thoughts
- ▶ Increased resilience and focus
- ▶ Awareness of the mind/body interplay
- ▶ Increased self-compassion and self-acceptance
- ▶ Increased empathy skills and better relationships
- ▶ Boost of overall well-being

Practicing mindfulness through meditation

Mindfulness is the ability to be fully aware of the present moment. It's about focusing on what is happening around and within us, without getting caught up in elaborative thoughts or emotional reactions.

One of the most common ways to practice mindfulness is through meditation. Meditation is the practice of training one's awareness and getting a widened sense of perspective. The main focus is not to stop your thoughts or feelings, but rather learning to observe them and understand them, without judgement.

Workshop activities

- Self-inquiry and group dialogue
- Guided mindfulness relaxation
- Self-compassion training
- Breathing exercises
- Visualisation exercises