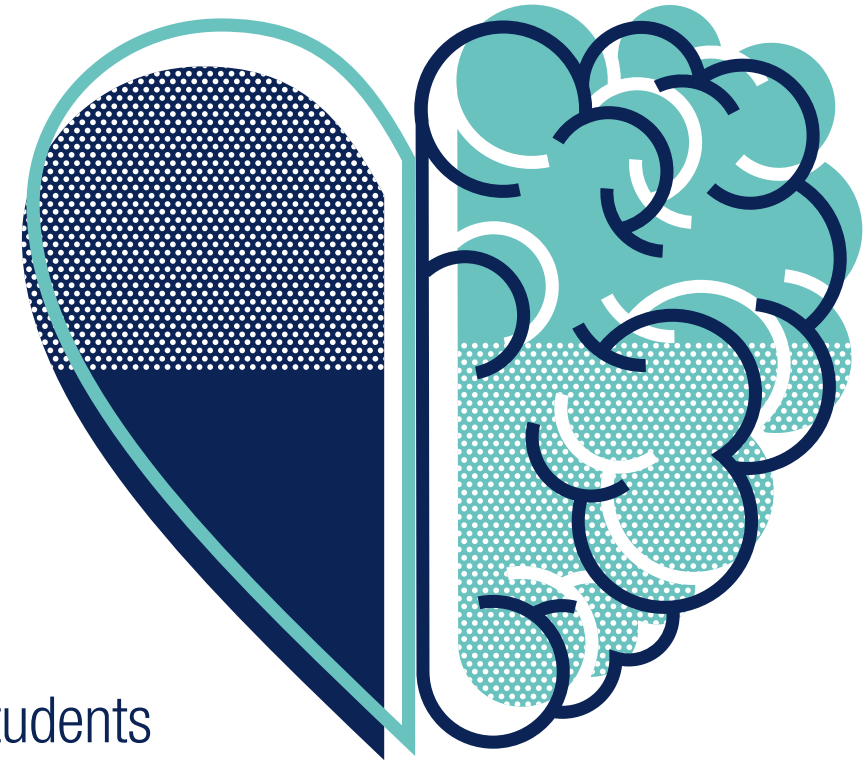
LJMU WELLBEING WEEK

1-5 March 2021



Wellbeing Week provides an opportunity for staff and students to focus on their wellbeing. The week is packed full of activities – many of which are available all year round – to help support the LJMU staff and student community.

For more info on Wellbeing Week, our #SelfCareShare campaign and the wider support available throughout the year for staff and students visit **ljmu.ac.uk/wellbeingweek** and follow **@ljmusaw** and **@ljmu**

#ljmuwellbeing

MONDAY 1 MARCH 2021			
BOOK STORIES For Staff and Students.	Reading has become difficult for some, with many losing the motivation to pick up a book. We want to encourage people to find that spark again by sharing stories of what others are reading, and reflections on how relaxing and mindful a good book can be!	Monday 1 March – Friday 5 March	@ljmulibrary **ljmulibrary.wordpress.com/**
INCREASING RESILIENCE For staff only.	This session focuses on raising awareness of how to respond positively to periods of stress and pressure, by building resilience and the capability to respond to challenging events. We shall look at a range of practical techniques and methods that can help create a resilient attitude. **This event is delivered by the LDF and available throughout the Academic Year**	Monday 1 March 10.30am-12pm	Book in advance via **ljmu.libcal.com/event/3677577**
DESK YOGA For staff only.	Easy to follow guided stretches that you can do anywhere to get your body moving, improve strength and flexibility and boost your energy levels. No yoga experience or equipment required, all ages and fitness levels welcome. Please wear something that allows you to move and breathe freely. Mostly standing with the option of some sitting/lying down if preferred, you will be encouraged to use your desk/chair/wall to lean on for support if necessary.	Monday 1 March 12-12.30pm	Book via email to Liz Cousins **e.cousins@ljmu.ac.uk**
BREATHING SPACE For Staff and Students.	We can all feel we are too busy to self-care. Why not just take 15 minutes to stop, give yourself some respite and join this online session to show you some practical tips to relax, clear your mind and feel refreshed. **This event is available throughout the Academic Year**	Monday 1 March 1-1.15pm	Book via **saw.ljmu.ac.uk**
MONEY AND ME Students only.	Join the LJMU Money Advice Team as they talk through everything from credit scores to the best bank accounts and teach us how our money affects our wellbeing and how we can manage it. **This event is available throughout the Academic Year**	Monday 1 March 1-1.30pm	Book via **saw.ljmu.ac.uk**
MINDFUL CRAFTY CREATIONS For staff only.	Crafting can be a very mindful activity. This session will look at quick and easy crafts that you can do with items around the house. It will explore basics such as pom pom making and small scale weaving and suggest ways to create your own masterpieces. You will need: cardboard, wool/yarn/old t-shirt/string (anything in long thin strips), scissors, hair clip or yarn needle (optional), beads/felt/stickers (optional)	Monday 1 March 1-2pm	Book via email to Liz Cousins **e.cousins@ljmu.ac.uk**
ASK A GP Students only.	Live Instagram Q&A with Dr Joe Howard Mental Health lead at Brownlow practice: In this session we will be looking at mental wellness and what we can do to keep well and deal with the challenges that come with Covid	Monday 1 March 1.30-2pm	Join us on **@ljmusaw**
HIIT SESSION WITH MOTIVATE LJMU For staff and students.	A home-based high intensity interval training (HIIT) protocol used in research published by the School of Sport and Exercise Science. This 20-minute workout uses body weight exercise so requires no equipment. Please wear something you feel comfortable to exercise in, and have a little space cleared in your room. You will be led through all the exercises, and be directed to some exercise resources created to help you stay active during lockdown! **This event is delivered by the MotivateLJMU Team and resources are available throughout the Academic Year**	Monday 1 March 5.30-6.15pm	Book via email to Liz Cousins **e.cousins@ljmu.ac.uk**

TUESDAY 2 MARCH 2021			
PILATES TASTER CLASS For staff only.	In this beginner-friendly class you will learn how to use controlled flowing movements in sync with your breath to develop a strong core and tighter tummy, that will support good posture and alignment. You will be encouraged to work as hard or as gently as you feel is appropriate for you. No experience or equipment required, all ages and fitness levels welcome. Please wear something that allows you to move and breathe freely. Most of the session will be on the floor so have a mat/ blanket available to protect you from any hard flooring.	Tuesday 2 March 12-12.45pm	Book via email to Liz Cousins **e.cousins@ljmu.ac.uk**
BREATHING SPACE For staff and students.	We can all feel we are too busy to self-care. Why not just take 15 minutes to stop, give yourself some respite and join this online session to show you some practical tips to relax, clear your mind and feel refreshed. **This event is available throughout the Academic Year**	Tuesday 2 March 1-1.15pm	Book via **saw.ljmu.ac.uk**
TUSKER CAR SCHEME VIRTUAL ROADSHOW For staff only.	An introduction to the Car Benefit Scheme giving employees a more detailed look into the ins and outs of the scheme and why now is the best time to drive electric. This will be a short presentation, followed by an opportunity for Q&A. Attendees will be entered into a competition to win a FitBit Inspire, and the winner will be announced at the end.	Tuesday 2 March 2.15-2.45pm	Book via **go.tuskercars.com/ tusker-virtual-roadshow-sign-up**
CYCLE TO WORK SCHEME WEBINAR For staff only.	An introduction to the Cycle to Work Scheme giving employees a more detailed look at how the scheme works, what savings can be made, the range of bikes and accessories available, as well as discussing the benefits of cycling. This will be a short presentation, followed by an opportunity for Q&A.	Tuesday 2 March 3-3.30pm	Book via email to Ceri Griffin **cerig@cyclesolutions.co.uk** and identify which date you wish to attend
JMSU CHATTY TUESDAY For students.	Join JMSU for our favourite day of the week – Chatty Tuesday! Each week we come together with a brew to discuss 4 light hearted topics, such as the best pet to have, if money can buy happiness, and whether pizza or pasta is best!	Tuesday 2 March 4.30-5.30pm	Book via **Jmsu.co.uk/events**
SOUL SESSIONS: JOURNALING WORKSHOP For Staff and Students.	Feeling stressed? Overwhelmed? Deflated? We've got you. This session will give you a better understanding of journaling and the benefits of introducing it into your week. If you feel a little stuck and are looking for ways to keep your thoughts organised, reduce deadline anxiety, and self-reflect then come along. Follow us **@veritieswellness** on Instagram to stay in the loop with future sessions and for some daily motivation.	Tuesday 2 March 4.30-5.30pm	Book via library **ljmu.libcal.com/calendar?cid=4049&t=d&d=0000-00-00&cal=4049&ct=33090&inc=0**
LJMU WELLBEING CHOIR For staff and students.	Get the happiness and harmonies flowing… It is important to look after our wellbeing and try to stay connected with others in our university community. LJMU are running a virtual online choir led by Tim Taylor of Liverpool Indie Choir. Singing in a group can really boost your wellbeing, it's a relaxed group and a chance to sing some great songs, have a laugh, and meet new people. No experience required, just enthusiasm! **This event is available throughout the Academic Year**	Tuesday 2 March 5-5.45pm	Book via **saw.ljmu.ac.uk**
PHD SUPPORT GROUP Students only.	Being a PhD student can be extremely demanding and stressful. Very often you are working alone, managing your own timetable and working hours. The LJMU PhD student group is a chance to get together with other PhD students also studying at LJMU. Facilitated by a member of the LJMU Counselling team, the group will provide an opportunity for you to share experiences and concerns. **This event is available throughout the Academic Year**	Tuesday 2 March 5.30 – 6.30pm	For further information about the group and how to book please contact **counselling@ljmu.ac.uk**

WEDNESDAY 3 MARCH 2021			
CYCLE TO WORK SCHEME WEBINAR For staff only.	An introduction to the Cycle to Work Scheme giving employees a more detailed look at how the scheme works, what savings can be made, the range of bikes and accessories available, as well as discussing the benefits of cycling. This will be a short presentation, followed by an opportunity for Q&A.	Wednesday 3 March 10-10.30am	Book via email to Ceri Griffin **cerig@cyclesolutions.co.uk** and identify which date you wish to attend
LJMU VIRTUAL RECRUITMENT FAIR- VOLUNTEERING FOR ALL AND OPPORTUNITIES IN SPORT For staff and students.	Although many of you can't visit us on campus right now, we've developed this event to connect you to a wide variety of organisations. Some are charities and organisations serving their communities that seek volunteers. Other organisations offer opportunities to students and graduates from LJMU sport programmes. These are allied to sport and health and are available right now. Open to students, graduates and LJMU staff.	Wednesday 3 March 10am-2pm	Book via **ljmu-recruitment-fair2.vfairs.com**
STOPPING SMOKING DURING A PANDEMIC For staff and students.	Quitting smoking is challenging at the best of times. During the pandemic stress and lack of support can hinder even the best intentions. This session will give an overview of smoking and how it affects the body, and provide information on what local support is available, and how to access it during these difficult times. **This event is delivered by Smokefree Liverpool and Solutions4health**	Wednesday 3 March 11am-12pm	Book via email to Ginny Flannery **ginny.flannery@solutions4health.co.uk**
BIRD WATCHING WITH ANIMAL BEHAVIOUR SOCIETY AND CONSERVATION SOCIETY! For students.	Research has found that even observing birds out of your window reduces stress and anxiety – in fact the more birds you see, the less stressed you feel! Join two of our fabulous societies, Animal Behaviour and Conservation, as we go through the kind of birds you can spot – there may even be a prize for the most birds identified!	Wednesday 3 March 12pm-12.45pm	Book via **Jmsu.co.uk/events**
BREATHING SPACE For staff and students.	We can all feel we are too busy to self-care. Why not just take 15 minutes to stop, give yourself some respite and join this online session to show you some practical tips to relax, clear your mind and feel refreshed. **This event is available throughout the Academic Year**	Wednesday 2 March 1-1.15pm	Book via **saw.ljmu.ac.uk**
YOGA WITH MOHAN For Staff and Students.	Do something positive for your wellbeing and join our virtual fitness sessions from Lifestyles for LJMU Staff and Students. Join Mohan from Lifestyles for weekly virtual yoga sessions. These sessions will help you unwind, relax and refresh. Please wear comfortable clothing and use a yoga mat. **This event is available throughout the Academic Year**	Wednesday 3 March 1.15 – 2.00pm	Book via **saw.ljmu.ac.uk**
THE GOOD GRIEF CAFÉ For students.	The Anglican Chaplaincy is facilitating an online space for students to be able to explore topics of grief, loss, death and dying in gentle conversations with others. Whether it's grieving a relationship or graduation or the loss of a loved one or those in your care. **Booking is essential via Eventbrite. Numbers are limited and more dates will be added throughout the Academic Year for both staff and students**	Wednesday 3 March 3-4pm 6-7pm	Book via Eventbrite **www.eventbrite.co.uk/e/good-grief-cafe-online-tickets-141257654447?aff=ebdssbonlinesearch**
WINNING AT WELLBEING Students only.	Managing university life against other demands can be a challenge. Positive wellbeing is essential for success. Come along to our virtual session to learn more about quick and easy tips to achieving positive wellbeing. **This event is available throughout the Academic Year**	Wednesday 3 March 4-5pm	Book via **saw.ljmu.ac.uk**
PRINT MAKING WORKSHOP INSPIRED BY THE POET FERLINGHETTI For Staff and Students.	Join artist and illustrator Anna Houghton for a live print making workshop. Based on the book of poems 'Pictures of the Gone World' by the American Beat Poet Lawrence Ferlinghetti. Printable resources sent to all participants prior to the session. Participants can also draw as they go along so printing is not necessary!	Wednesday 3 March 6pm	Book via **ljmu.libcal.com/event/3690020**

THURSDAY 4 MARCH 2021 #UniMentalHealthDay			
TEA & EMPATHY: LET'S TALK ABOUT MENTAL HEALTH & WELLBEING For staff only.	There is a lot going on…so perhaps it is time to take a moment to consider your own mental wellbeing, as well as those around you. Grab a cuppa and join us. This drop-in session, open to all staff provides a safe space for those who may just want to share how they are feeling, or seek guidance and tips for wellbeing from others in attendance. **This event is co-delivered by the EDI Team and LJMU's Dis-Ability Staff Network**	Thursday 4 March 10-11.30am	Book in advance via **https://ljmu.libcal.com/event/3681511**
YOU AND YOUR PURPOSE: FINDING IT, MAXIMISING IT For staff only.	Having a purpose is known to create well-being and happiness. Most of us don't give much consideration to our purpose, maybe thinking it is a luxury and not achievable to fulfil our true purpose in our working life. But it is achievable. This session will help you identify or rediscover the elements of your professional life that give you purpose and offers tips and techniques to create purpose every day. A session to reconnect with what motivates, engages and inspires you. **This event is delivered by the LDF and available throughout the Academic Year**	Thursday 4 March 10am-12pm	Book in advance via **https://ljmu.libcal.com/event/3681673**
MEDICASH WELLBEING AWARENESS SESSION For staff only.	An introduction to the Medicash Scheme giving employees a more detailed look at how the scheme works, what benefits and services are available including their telephone helpline and Best Doctors, as well as the simple claims process, and how you can protect your whole family. This will be a short presentation, followed by an opportunity for Q&A.	Thursday 4 March 12-12.30pm	Book via email to Liz Cousins **e.cousins@ljmu.ac.uk**
BREATHING SPACE For staff and students.	We can all feel we are too busy to self-care. Why not just take 15 minutes to stop, give yourself some respite and join this online session to show you some practical tips to relax, clear your mind and feel refreshed. **This event is available throughout the Academic Year**	Thursday 4 March 1-1.15pm	Book via **saw.ljmu.ac.uk**
LITTLE KNITS: KNIT, CROCHET AND CRAFT FOR WELLBEING For staff only.	We are a small group who hold a weekly virtual meet-up for knitting, crochet and any other crafting activities. All welcome. Please bring your own supplies and projects...and a cuppa. **This event is available throughout the Academic Year**	Thursday 4 March 1-2pm	Book via email to Laura Bellinger **l.bellinger@ljmu.ac.uk**
MANAGING ANXIETY Students only.	This session is effective at helping identify good coping strategies for managing anxiety; looking at triggers, lifestyle changes and gaining positive self-management techniques. #UniMentalHealthDay **This event is available throughout the Academic Year**	Thursday 4 March 4-5pm	Book via **saw.ljmu.ac.uk**
BOOK MY MIND (WRITING ON THE WALL/ WORLD BOOK DAY) Students only.	Do you enjoy reading and writing? Would you like to know more about the benefits of reading and writing for mental health and wellbeing? This event will be led by a member of the university counselling team with guest speakers from Writing On The Wall (a local writing and literature organisation). This group is part of a series of groups for students that have been developed to complement the 'Book My Mind' initiative. For more info visit **www.ljmu.ac.uk/bookmymind**	Thursday 4 March 4-6pm	Book via **saw.ljmu.ac.uk**
JMSU AND LJMU TOWNHALL EVENT	Student Wellbeing Through a Pandemic. It's been a challenging year, join us as we discuss how Covid has impacted on our wellbeing, look at the support available to help and discuss what we need to stay mentally well and work towards recovery. Submit your questions ahead of the event **HERE**	Thursday 4 March 5-6.30pm	Book via **Jmsu.co.uk/events**

FRIDAY 5 MARCH 2021			
HOW TO SUPPORT DISTRESSED STUDENTS For staff only.	This workshop is aimed at increasing staff confidence and developing strategies when supporting students who are exhibiting signs of distress. It will examine the varying levels of distress that students may display, looking at practical tips, examples, and highlighting where specialist support is available. This workshop is of particular relevance to personal tutors and those providing frontline services to students. **This event is delivered by the LDF and available throughout the Academic Year**	Friday 5 March 10-11.30am	Book in advance via **https://ljmu.libcal.com/event/3669504**
DESK YOGA For staff only.	Easy to follow guided stretches that you can do anywhere to get your body moving, improve strength and flexibility and boost your energy levels. No yoga experience or equipment required, all ages and fitness levels welcome. Please wear something that allows you to move and breathe freely. Mostly standing with the option of some sitting/lying down if preferred you will be encouraged to use your desk/chair/wall to lean on for support if necessary.	Friday 5 March 12-12.30pm	Book via email to Liz Cousins **e.cousins@ljmu.ac.uk**
BREATHING SPACE For staff and students.	We can all feel we are too busy to self-care. Why not just take 15 minutes to stop, give yourself some respite and join this online session to show you some practical tips to relax, clear your mind and feel refreshed. **This event is available throughout the Academic Year**	Friday 5 March 1-1.15pm	Book via **saw.ljmu.ac.uk**
BEGINNERS FRENCH For staff only.	An introduction to French language including basic vocabulary on various topics (greetings, everyday life etc.), that will enable you to have a better idea of how French language works. This event is delivered by a native French speaker who works in the Enterprise and Research Office (FET)	Friday 5 March 1-2pm	Book via email to Alexia Montaubin **A.E.Montaubin@ljmu.ac.uk**
PAPYRUS SUICIDE AWARENESS AND PREVENTION SESSION For staff and students.	JMSU are pleased to be working with the local Suicide Prevention Charity Papyrus to deliver a session around suicide awareness and prevention. We hope out of this session you will get: ■ Increased awareness of Suicide and Suicide Prevention ■ Information about PAPYRUS – Prevention of Young Suicide ■ Hope and encouragement for action for a suicide safer community ■ To understand the importance of self-care.	Friday 5 March 3pm-4pm	Book via **Jmsu.co.uk/events**

LIVERPOOL JOHN MOORES UNIVERSITY

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