Tools for Managing Your Health and Wellbeing

Tuesdays 12pm-1pm. Beginning 15th January. Room 119-120, Innovation Centre, Easter Bush.

Bring your Lunch!

**Week 1** What is Wellbeing?
Discovering your current wellbeing score, personal goals and an introduction to behaviour change.

**Week 2** Understanding Pressure and Stress:
Links between pressure, stress and health.

**Week 3** Move More, More Often:
Are you active enough for your health? Guiding you through the steps to becoming more active.

**Week 4** Sleep and Reap the Rewards:
The importance of sleep for health and good sleep hygiene to maximise sleep quality.

**Week 5** Food and Mood:
What is a balanced diet? The relationship between food and mood.

**Week 6** Time to Relax:
The Stress Response, the benefits of relaxation, and trying some relaxation techniques.

**Week 7** Your Future Wellbeing:
Revisiting your wellbeing score and changing future habits.

To book or for more information, please email: healthy.university@ed.ac.uk