

Day	Time	Activities for Mental Health Awareness Week 2022
Monday 9 May	Anytime 1 - 2pm	<ul style="list-style-type: none"> - Read about Prescribe Culture and the support available for staff and students - Hear from Peter Larkum, an experienced mental health speaker. Wrexham Glyndwr University are hosting a series of webinars this week. Find out more and register.
Tuesday 10 May	Anytime 1 - 1:50pm 1.10 - 1:50pm 1.10 - 1:50pm 2 - 3pm	<ul style="list-style-type: none"> - Read the Bulletin article about loneliness - Join a Mindful Doodling session - Join a Capacitar Tai Chi session - Join a Mindfulness drop-in - Attend the Focus and Energy in a New Working World webinar
Wednesday 11 May	11 - 11.45pm 12 - 12:30pm 2 - 2:30pm	<ul style="list-style-type: none"> - Join a Feel Good Walk from Moray House - Join a Feel Good Walk from Bristo Square - Attend Welcome Walk Rounds at Pleasance Sport Complex & Gym - Pledge to read as part of the Keep The Heid Campaign. Visit the stand on Ground Floor, Main Library
Thursday 12 May	10 - 11am 12 - 1pm 2 - 3pm	<ul style="list-style-type: none"> - Hear from Finlay Games about intersectionality and multiple identities. Find out more and register - Hear from Dan Reed, founder of Career Dad. Find out more and register - Attend the Unlocking Innovation and Creativity webinar
Friday 13 May	11 - 12pm 1 - 1:45pm 1:10 - 1:50pm	<ul style="list-style-type: none"> - Join an Iyengar Yoga session - Join a Feel Good Walk from Moray House - Join a Mindfulness drop-in

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