

# University Staff Counselling Service

## Wellbeing Group

We would like to offer you an opportunity to join our Wellbeing Group for Post Docs. The group will run weekly on Thursdays at 1pm and each cycle will consist of four sessions.

We will work on developing your own inner resources and look at strategies for increasing a general sense of wellbeing.

Each session will consist of opening and closing meditation and/or simple breathing practice. You will have a chance to learn and practice these as an effective way of soothing the nervous system and calming the mind. We will then discuss a different theme every week linked to one's sense of wellbeing. Amongst other topics we will look at negative self-talk, psychological self-care strategies and how to manage our emotions. No prior experience of meditation is required and you will not be expected to share any personal information or experiences with other group members.

The sessions will be at the Staff Counselling Service, 1st Floor, 17 Mill Lane and will last 45-50 minutes.

Please email

[welfare@pdoc.cam.ac.uk](mailto:welfare@pdoc.cam.ac.uk)

and specify that you would like to join the Post Doc Wellbeing Group.

