

University Staff Counselling Service

Wellbeing Group

We would like to offer you an opportunity to join our Wellbeing Group whilst you wait for a regular counselling appointment. The group will run weekly on Tuesdays at 12.45pm

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.

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

Please email

staffcouns@admin.cam.ac.uk

if you would like to join the Wellbeing Group.

