The Workshops and Group Programme provides a shared space for advice, guidance and peer support, facilitated by the Wellbeing Service.

This programme includes one-off and multiple attendance sessions. Advance booking may be required - please check the information listed for each individual session.
All workshops and groups are held in SC4/24, Student Central, unless stated otherwise.

More information and booking details

Anxiety Management
We will explore anxiety on a continuum, when anxiety becomes a problem and strategies and techniques to manage anxiety. No booking required – just turn up!

First Aid for Wellbeing and Mental Health
This workshop will explore what we mean by mental health, look at the stress vulnerability model and develop a wellbeing action plan. No booking required – just turn up!

Growing in Confidence
This workshop helps you develop your self-awareness and learn techniques to let go of anxiety and fear. The group will explore perceptions of confidence so that you can recognise your existing strengths and challenge negative thoughts. If you would like to attend or would like more information, please contact studentwellbeing@hud.ac.uk.

Living with Grief (4 Week) Group
This group is for those who have experienced bereavement, helping you to grieve as well as providing an opportunity to connect with others in similar circumstances. We encourage discussion in pairs, full group discussion and also enable you to to explore your feelings using creative methods such as poems and diagrams. The group will run for four consecutive weeks with a maximum number of eight participants. Each week you will work through different aspects of the grieving process, facilitated by our experienced Wellbeing Advisers. If you would like to attend or would like more information, please contact studentwellbeing@hud.ac.uk. This group is held in QSA/17, Queen Street Annex.

Mindful Meditation Hour Workshop
Mindfulness is a way of becoming more self-aware and is a recognised approach for managing stress. The workshop runs fortnightly and you are invited to attend as often as you like to learn and practice meditation with others in a small group. Each session will include a guided meditation and some time for discussion. This workshop is held in QSA/09, Queen Street Annex. No booking required – just turn up!

Mindfulness courses - Pause for Being and Learning to Pause
These are practical, experiential, in-depth mindfulness courses of either 4 or 9 sessions. You will be guided in how to practice mindful meditation and apply a mindful approach to everyday life. Practising mindfulness is found to improve wellbeing and cultivate greater resourcefulness in the face of stress, anxiety, low mood and pain. Mindfulness practice helps us to develop awareness, balance and resilience within mind and body. Pausing and becoming ‘present’ can support our creativity and improve concentration as we learn to respond more effectively to pressure, worries and challenges within the fast pace of the everyday. This will be a small group of up to 12 people, and rooms will be confirmed at a later date. Please note that you need to book a place to attend this course. For further information and to book a place, contact counselling@hud.ac.uk.

Reclaiming Your Christmas
The University offers a workshop on family estrangement and self-worth. We are hosting this workshop in December as we appreciate that the Christmas period brings many challenges to our sense of self and feelings of worthiness. The workshop will feature activities, small group work and a chance to meet and share with others who are experiencing family estrangement. We aim for you to leave the workshop equipped with the skills to challenge moments of low self esteem and to identify the thoughts and feelings associated with self-doubt. No booking required – just turn up!

Reclaiming Your Life: Overcoming Eating Disorders
This is a 4 week group for those who are having difficulty with their eating. Led by one of our Mental Health and Wellbeing Advisers in a confidential space, join others in similar circumstances to talk about your experiences and issues connected with eating behaviours. The group works together to provide support so that you can consider making changes. Topics could include eating patterns and their impact, change (fears and anxieties, pros and cons), confidence and body image, managing emotions, relationships and the road to recovery. If you are interested in attending you will need to meet with us before the group starts so that we can tailor the group to meet your needs. To arrange this, please contact Gemma at studentwellbeing@hud.ac.uk.

Self Esteem
This workshop will help you to increase self esteem and manage your mental health and emotional wellbeing. No booking required – just turn up!

Self Harm; Healthy versus Unhealthy Coping
This workshop will explore self-harm and look at the self-harm cycle, explore healthy coping mechanisms to manage difficult feelings and emotions. No booking required – just turn up!

Time for Me Carers Workshop
The University provides a number of workshops throughout the year for students with caring responsibilities. These workshops will provide opportunities for students to explore some of the feelings involved with being a carer and provide some coping strategies to support emotional wellbeing. They will also look at practical support in the form of assessments within the University, carer’s rights, finances, support available within the community, diet and nutrition. No booking required – just turn up!

For up to date timetables of all workshops and groups, please check the website at hud.ac.uk/wellbeing-disability-services/