

# Workshops and Groups



## Autism@HudUni

Join others with autism at our weekly lunch club! In this open, relaxed drop-in you can discuss your interests, get instant support from staff and peers, and speak to Advisers about any difficulties you are facing.

**Every Wednesday • 12:30 - 1:30 • SC4/24**

## Stress Management

The Stress Management workshop aims to help you ease your stress, low mood or anxiety and incorporates mindfulness. Please contact [studentwellbeing@hud.ac.uk](mailto:studentwellbeing@hud.ac.uk) for more information. There are two dates available:

**Friday 7 February • 11.45 - 1.15**

**Friday 21 February • 11.45 - 1.15**

## Learn to Like Yourself

In this 5-week course you'll explore ways to grow your self-worth, manage self-criticism and challenge negative beliefs you hold about yourself. To book a place, please contact [studentwellbeing@hud.ac.uk](mailto:studentwellbeing@hud.ac.uk)

**Fridays • 2:00 - 4:00 • Starting 1 Nov**

**Wednesdays • 2:00 - 4:00 • Starting 5 Feb**

## Overcoming Perfectionism and Procrastination

This workshop aims to help you understand procrastination and the link to perfectionism, and help you make a personal plan for change. Please email [studentwellbeing@hud.ac.uk](mailto:studentwellbeing@hud.ac.uk) to book a place. There are two dates available:

**Friday 14 February • 11:45 - 1:15**

**Friday 28 February • 11:45 - 1:15**

## Mindful Meditation Hour

Drop in to Mindful Meditation Hour and help ease your stress, low mood or anxiety.

**Wednesdays • 2:30 - 3:30 • 15 January - 29 January, 11 March - 25 March • SC4/24**

**Wednesdays • 4:30 - 5:30 • 5 February - 4 March • SC4/24**

## Learning to Pause

Mindfulness enables us to develop the ability to become more “present” which can help us to develop greater flexibility and resourcefulness in the face of stress. The course facilitator meets you in advance of the course to enable you to find out more about the course and what is involved, and establish whether the course is likely to meet your needs and interests at this time. Please check [hud.ac.uk/wellbeing](http://hud.ac.uk/wellbeing), or scan the QR to book an appointment to join this course.



## Introduction to CBT

A 90-minute workshop delivered by the Improving Access to Psychological Therapies (IAPT) service aimed at people who experience anxiety, low mood/depression, offering practical strategies to manage mood/anxiety. Email [studentwellbeing@hud.ac.uk](mailto:studentwellbeing@hud.ac.uk) for the screening forms you will need to complete to secure a place. Places are limited on a first come, first served basis.

## Connect Support Group (for difficult relationships with food)

Join local NHS eating disorder service, Connect, for a weekly support drop-in. No need to book!

**Tuesdays • 6:00pm - 7:30pm • Starting 18 Feb • SC4/24**

**Wellbeing and Disability Services**