

Mindfulness Workshops Online: Michaelmas Term 2020

Individual Online workshops October to November 2020

	Monday 26 October				Friday 30 October		
<u>Week 3</u>		T U E S D A Y	W E D N E S D A Y	T H U R S D A Y	2.00-3.00pm Better Sleep		
	5.30 -6.30pm Keeping Calm						
	Monday 2 November						Friday 6 November
<u>Week 4</u>							2.00-3.00pm Productive Decisions
	5.30 -6.30pm Improving Attention						
	Monday 9 November						Friday 13 November
<u>Week 5</u>							2.00-3.00pm Keeping Calm
	5.30 -6.30pm Better Sleep						
	Monday 16 November						Friday 20 November
<u>Week 6</u>							2.00-3.00pm Improving Attention
	5.30 -6.30pm Productive Decisions						

	Keeping calm: mindfulness to help with nerves
	Better sleep: mindfulness approaches to improving sleep and rest
	Improving attention: mindfulness for maintaining a healthy focus when you work
	Productive decisions: making mindful choices that support your revision, deadlines & wellbeing