

How to build a mental winter coat – A Training to improve the wellbeing of students

- Wednesday, November 17th, 2021
- As from 6:30 PM
- online (you will receive a link after your registration)

Registration

For organisational reasons, please register by Wednesday evening, November 10th, 2021 via the [online form](#).

Description

The temperatures are dropping, daytime is getting shorter, and the exam season is slowly but steadily approaching. As a consequence, some of you might experience a lack of motivation or generally feel “blue”. In this (interactive!) training we want to look at tools and techniques to strengthen your mental wellbeing. Like a winter coat against the cold or a vitamin C smoothie for your immune system, taking breaks can serve as a protection to your mental wellbeing. So, we will focus on when, where and how to take the right kind of breaks. Furthermore, it will be a great opportunity to get to know students from different universities of Switzerland and exchange your personal mental health hacks.

Participants

All students from higher education institutions in Switzerland are welcome, whether from sections or non-sections!

Language

The workshop will be held in English.

Course costs

- Workshops are free of charge for members of the Swiss Student Union.
- Members of student unions which aren't members of the Swiss Student Union pay a contribution CHF 25.
- For participants who are not (or no longer) studying at a university in Switzerland, a contribution of CHF 50 will be charged.