

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

A training is a safe learning environment which thrives on confidentiality and participation from the audience. We as trainers want to provide you with useful information but also a place, where you can experience and use that information. In the Mental health training specifically we want to focus on one particular part of a student's life; taking breaks. Taking breaks is a key component in reducing stress which can have a positive impact on one's mental health. During the training we will be providing and discussing possible ways of taking breaks as well as practicing some of those techniques. At the end of the training the participants will hopefully be equipped with a set of tools to better structure their breaks.

The training will take place online and does not require any prior preparation from the participants side.

- Tuesday, November 15th, 2022
- As from 19:30 till 20:30 PM
- online (you will receive a link after your registration)

Registration

For organisational reasons, please register by Friday evening, November 11th, 2022 via the [online form](#).

Description

- Personal importance of mental wellbeing
- Share ideas / discuss on how to take breaks – what works well, what doesn't?
- Acceptance of lack of motivation / feeling stressed or blue

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.