



A four-week

lunchtime series with Helena Ahern, Head of Counselling and Personal Development Service.

Mindfulness, Wellbeing & Stress Reduction Practices.

Session 1	Learn how to Live more in the Present	Wednesday, 9th October '19
Session 2	Learn Mindfulness of Emotion	Wednesday, 16th October '19
Session 3	Learn how to respond rather than react to stress	Wednesday, 23rd October '19
Session 4	Learn Self Care, a core resource to resilience	Wednesday, 30th October '19

We advise where possible to attend all 4 sessions, each session builds on the previous one. A certificate of attendance will be issued to participants who wish to attend all 4 sessions.

When: 1 - 2pm each Wednesday
Where: Room G114 (library building)
St Patrick's Campus
Admission: Free
Open to: All students & Staff

