



MENTAL HEALTH
AWARENESS WEEK

8-14 MAY 2017

#MHAW17



There is a fundamental difference between thriving and surviving. Surviving means, "to continue to live or exist," while thrive can be defined as "to grow or develop well, to prosper or to flourish."

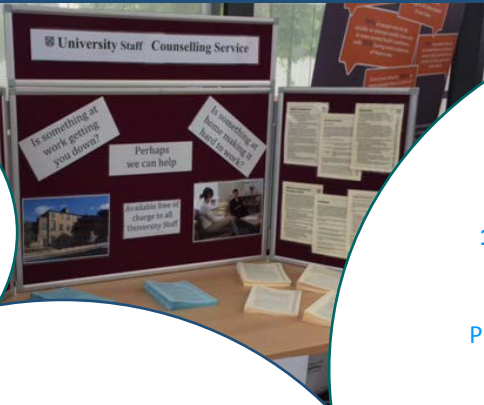
Five ways to Wellbeing

1. Connect – with the people around you
2. Be active – find an activity that you enjoy and make it a part of your life
3. Keep learning – new skills or hobbies
4. Give to others – a smile, a thank you or voluntary work
5. Be mindful – of the present moment, your thoughts and feelings, your body and the world around you.

The Clinical School Wellbeing Programme is hosting a number of events during the week linked to the principles of the five steps to wellbeing with the aim of helping you to thrive rather than just survive

Monday 8th May

Relationships at Work Talk
12.30pm – 1.30pm, William Harvey
Lecture Theatre, Clinical School
Consultant Psychiatrist Dr Alison Jenaway
will discuss relationships at work
Sign up here: relationships-at-work.eventbrite.co.uk



Tuesday 9th May

Does Mindfulness Promote Resilience Talk
12.30pm – 1.30pm, William Harvey Lecture
Theatre, Clinical School
Deputy Head of the School and Psychiatry
Professor Peter Jones will discuss mindfulness
and resilience. Sign up here: mindfulness-resilience.eventbrite.co.uk

Wednesday 10th May

Volunteering Talk
12.30pm – 1.30pm, William Harvey Lecture
Theatre, Clinical School
Anne Bailey from Form the Future will
discuss volunteering opportunities in local
schools. Sign up here: volunteering-opportunities.eventbrite.co.uk

Smoothie Bikes, 9.30am – 3.30pm,
Reception, Clinical School
Take a turn at spinning your own smoothie.
There are two bikes for healthy competition
with your colleagues!

Massages

All day, Seminar Room 9, Clinical School
Revive yourself with a free 25-minute massage
Places are guaranteed to go fast! Book here:
<https://revivemassage.eventbrite.co.uk>

Thursday 11th May

Wellbeing and Staff Benefits
Roadshow, 12.30-2pm, Foyer, CRUK CI
A showcase of the many benefits and
services available to Clinical School
Staff with information stands from
University departments and external
services. Please come along!

Friday 12th May

Website Launch
Check out the new webpages
and support information:
wellbeing.medschl.cam.ac.uk



*Please continue to check the Wellbeing webpages for event updates and to confirm room bookings