



Event Details

Event:	LD1617021 - Positive Mental Health
Subject:	
Event Overview:	One in ten people will encounter mental health issues during their lifetime. Every single one of us will experience tough times in our lives. We all need to look after our mental health and well-being, as well as our physical health, as it affects everything: our happiness, our performance, our functioning, our relationships, everything.
Event Objectives:	This enjoyable interactive workshop has been developed to increase awareness and understanding of mental health and well-being
Event Content:	<ul style="list-style-type: none">* Mental Health vs Mental Illness* Tips on How you can Stay Well, including: Diet, Exercise, Sleep, Relationships, Connection with others, Impact of Alcohol, A Problem Shared, Taking time for yourself.* The role of Mindfulness + short exercise* Compassion for Self and Others* Deep Breathing exercise to release Stress & Anxiety* Body-Care, Achievement, Connection, Enjoyment (BACE) & Exercise* Recognising Stress & Distress* Healthy vs Unhealthy Habits* Fast relaxation technique
Notes:	
UCD Instructor:	
Instructor (External):	Niamh Hannan
Building:	Ardmore House
Room:	Boardroom 2
When:	09.30 on 10-May-17 for 3.5 hours