

News release

From Diversity

21 October 2013

University of Southampton Wellbeing Day, 29 October

Inspired by World Mental Health Day earlier in the month, this is our chance to think about wellbeing, in particular how we deal with mental wellbeing.

A range of talks, workshops and other activities we have planned to help us to look after ourselves and each other better – now and for the future. For further details, visit the [Wellbeing Day pages of the Diversity website](#).

Lunchtime event – Managing wellbeing

Our keynote event, at 12 noon in the Hartley Room, will be introduced by Professor Adam Wheeler. We will present plans to focus on mental health and wellbeing over the coming year, and have a chance to hear a personal view of managing wellbeing. Refreshments will be provided. [Register for this free event online](#).

An oasis of calm

Throughout the day there will be opportunities to learn about, and get involved in, a wide range of stress-busting and wellbeing promoting activities – these include breathing and movement exercises, massage and hypnotherapy, and mindfulness. The majority will run in half-hour slots, giving you a chance to drop in and try out something new.

In the Hartley Terrace, you'll be able to meet and chat informally to representatives from:

- University and external services that support and promote wellbeing
- Volunteer-led groups on campus
- Trade Union, SUSU and student welfare services
- Community-based shops and services

The science bit

Located in the Life Sciences Building (85/2213), this series of slightly longer workshops will highlight important themes across the science and management of wellbeing in organisations such as ours.