



Utrecht
University

PROGRAMME WELLBEING WEEK

22 - 26 NOVEMBER 2021

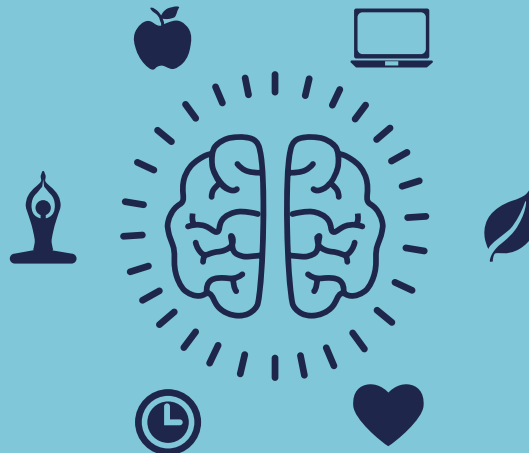


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EVERYDAY ACTIVITIES

Meditation Challenge

Writing Coaching

Study Coaching

A Bright Conversation

Short screening studentpsychologist

Walk, Reflect, Act

Eet Mee

Meditation Challenge

09:00 – 09:30

EN

online

The benefits of meditation are well known, but they mostly come with regular practice. Do you want to keep up your meditation regularly? Or do you want to learn to meditate step by step on a daily basis? This online Meditation Challenge might be the incentive you need. From November 22nd every day of the week there is a guided meditation session online at 9.00 am in which you participate with a group of fellow students. We will continue for 30 days in a row to build up a good foundation for your practice. All sessions will be recorded, so you can make up for missed sessions. No session at 9.00 in the weekends, we make recordings or an assignment for those days. The sessions will be guided by three people with experience in meditation. There will be room to ask your questions or share your experiences.

Everyone is very welcome, regardless of experience.

Sign up for this challenge, and together we will make meditation a daily habit!



Every day activities

Sign up here



Schrijfcoaching / Writing tutoring

09:00 – 17:00

NL + ENG  Skills Lab

**Een afspraak duurt 45 minuten /
An appointment takes 45 minutes**

NL: Vind je het lastig om een academische tekst te schrijven? Bij het Skills Lab kun je terecht voor schrijfcoaching. Een schrijfcoach helpt je bijvoorbeeld bij het vinden van een goede structuur, stijl en efficiënte aanpak. Je kunt een afspraak maken via onze site.

EN: Do you find it difficult to write an academic text? You can go to the Skills Lab for writing tutoring. For example, a writing coach helps you to find a good structure, style and efficient approach. You can make an appointment via our website.



Every day activities

Sign up here



Studeercoaching / Study coaching

09:00 – 17:00

NL+EN  Skills Lab

**Een afspraak duurt 45 minuten /
An appointment takes 45 minutes**

NL: Vind je het lastig om realistisch te plannen, een tentamen voor te bereiden, of efficiënt te lezen? Bespreek al je vragen over studeren met een studeercoach, krijg inzicht en ontdek strategieën waarmee je je studie-aanpak kunt verbeteren. Je kunt een afspraak maken via onze site.

EN: Do you find it difficult to plan realistically, prepare for an exam or read efficiently? Discuss all your questions about studying with a study coach, gain insight and discover strategies to improve your study approach. You can make an appointment via our website.



Every day activities

Sign up here



Een Zinnig Gesprek / A Bright Conversation

09:00 – 17:00

NL + EN

phone call

Een afspraak duurt 45 minuten / An appointment takes 45 minutes

NL: In een zinnig gesprek kun je met een ervaren begeleider praten over levenssituaties die op dit moment spelen of die voor jou moeilijk of uitdagend zijn. Dat kan bij voorbeeld gaan over (liefdes)relaties, motivatieproblemen, ziek zijn, verlies, eenzaamheid, vriendschap, familie, wonen, keuzes maken, vragen over de toekomst. We verkennen wat er in jou leeft en gaan op zoek naar wat in deze situatie voor jou heilzaam is. Soms is dat gewoon je zorgen bespreken met iemand die goed kan luisteren. Soms gaat het over betekenisgeving, de ervaringen een plek geven. De universiteit vindt het belangrijk dat je gehoor vindt voor wat er in je leeft.

EN: In a Bright Conversation, you can talk to an experienced facilitator about life situations that are currently playing out or that are difficult or challenging for you. These can include (love) relationships, motivation problems, being sick, loss, loneliness, friendship, family, living, making choices, questions about the future. We explore what is going on in you and look for what is beneficial for you in this situation. Sometimes that is just discussing your concerns with someone who is a good listener. Sometimes it is about giving meaning, giving the experiences a place. The university finds it important that you find an ear for what is going on in you.



Sign up here



Short screening psychologist

09:00 – 17:00

Een afspraak duurt 15 minuten / An appointment takes 15 minutes

NL+EN

online

NL: Loop je rond met vragen of zou je al langere tijd een afspraak willen maken met een studentpsycholoog maar twijfel je of is het er tot op heden niet van gekomen? Gedurende de Wellbeing Week houden de studentpsychologen meer spreekuren dan normaal, tijdens deze spreekuren kijken we in een gesprek van ongeveer vijftien minuten naar waar je behoefte ligt en wat we voor je kunnen betekenen. Na afloop krijg je een vrijblijvend advies om een afspraak bij ons te maken, verwijzen we je misschien door binnen de universiteit of adviseren we je mogelijk een stap te zetten naar de huisarts voor hulp die elders beter kan worden aangeboden. De spreekuren vinden plaats door middel van Microsoft Teams, de studentpsycholoog zal contact met je opnemen.



EN: Do you have questions on your mind or have you been wanting to make an appointment with a student psychologist, but you're experiencing doubts or have been unable to make it happen yet? During the Wellbeing Week the student psychologists will be offering more consultation hours. In these consultation hours, we discuss what your needs are and what we could do for you in a conversation of approximately fifteen minutes. Afterwards, we will give you an open-ended advice to either book an appointment with us, or we may refer you elsewhere within the university or recommend you consider contacting your General Practitioner to provide you with help that other organisations are better suited to give you. The short screening will be done through Microsoft teams.

The student psychologist you have an appointment with will be in contact with you on how to get start this meeting.

Sign up here



Coaching in Nature: Walk, Reflect, Act

09:00 – 17:00

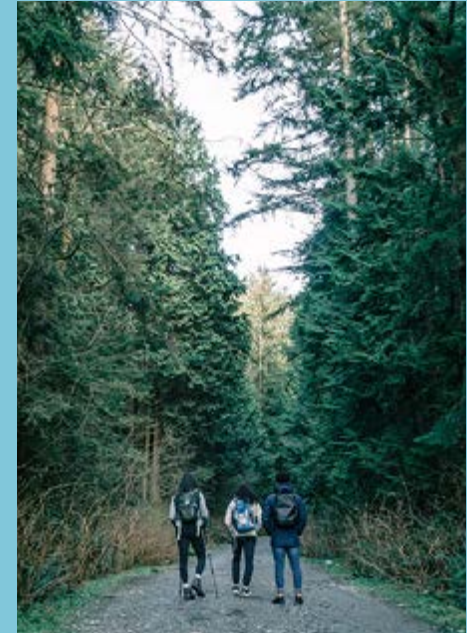
NL+EN

live or online

Een afspraak duurt 45 minuten / An appointment takes 45 minutes

NL: Buiten zijn maakt je hoofd leeg en geeft je vaak een andere kijk op gedachten, situaties en problemen. Door de beweging van je brein alleen al, kun je tot een andere denkwijze komen. De natuur werkt kalmerend en kan dienen als inspiratiebron. Al wandelend verken je samen met een ervaren (wandel)coach een vraag of onderwerp dat jou bezighoudt. Waar kun je wel wat hulp bij gebruiken? In de wandelcoaching maken we bijvoorbeeld gebruik van een mindfulnessoefening, reflectievragen of een korte opdracht. Zo ben jij nog meer in het hier en nu en sta je echt even stil bij jouw vraag.

EN: Nature can calm and relax your mind and walking in nature can spark some new inspiration. Being outside empties your head and often gives you a different perspective on your thoughts, situations and problems. While walking with a coach, you will explore a topic that's on your mind. Maybe you have a specific question you want to explore, or maybe you just want to reflect upon how you are doing in your daily life. The coach will invite you to slow down and become more aware of what really matters to you in the present moment.



Sign up here



Eet mee / Eat together

Evenings

NL+EN

live or online

NL: Lijkt het jou leuk om andere studenten te ontmoeten en samen gezellig te eten en kletsen? Doe dan mee met een van de Eet Mee etentjes tijdens de Wellbeing Week! Je kunt zelf een aantal medestudenten bij jou uitnodigen voor een etentje, bij iemand thuis aanschuiven of samen eten via videoverbinding. Eet Mee zorgt voor de match. Meld je aan voor een gezellig etentje met andere studenten via EetMee.nl. Klik op 'Aanmelden', maak eenvoudig je eigen profiel en geef je voorkeuren aan. Dan rolt vanzelf je uitnodiging of je mogelijke gastenlijst in je mailbox. *Eet Mee is een platform voor mensen die graag anderen ontmoeten, houden van een goed gesprek en het leuk vinden om samen thuis te eten. Al ruim twaalf jaar brengt Eet Mee mensen samen aan de keukentafel voor een goed gesprek. Zo ontstonden er al meer dan 10.000 matches.*



EN: Would you like to meet other students? To eat and chat together? Join an Eet Mee (Eat Together) dinner during the Wellbeing Week! Invite fellow students to come and eat at your place or join a dinner at another student's home. Or if you like, you can eat and chat together during a virtual dinner. Eet Mee makes the match. Sign up for a nice dinner with other students via Eetmee.nl. Choose the English language option and click 'Sign up'. Simply create your profile and indicate your preferences. You will automatically receive an e-mail with an invitation or a list of possible guests for your dinner! *Eet Mee is a platform for people who like to meet others, enjoy a good conversation and enjoy eating together at home. For over ten years, Eet Mee has been bringing people together at the kitchen table. This has already resulted in more than 10,000 matches.*

Sign up here



Monday – 22 November

10:00 – 11:00	Morning Yoga (EN)
10:00 – 11:00	How to study effectively (EN)
10:00 – 11:00	Ontspan! Met Ademhalingsoefeningen (NL)
11:00 – 13:00	Decision making: creating your life by your own design (EN)
11:00 – 13:00	Poëzie workshop (NL)
12:00 – 13:00	Budget coaching (EN)
13:00 – 15:00	Choir workshop (EN)
13:00 – 15:00	Practicing the Principles of Positive Psychology (EN)
14:00 – 15:00	Middelengebruik in de studententijd (NL)
14:00 – 16:00	Energy Management (EN)
14:00 – 17:00	One-on-one budget coaching (EN)
15:00 – 16:00	How to get and stay motivated when studying (EN) online
15:00 – 16:00	How to make your meditation a daily habit (EN) online
16:45 – 21:15	Troost and Proost
19:00 – 21:00	Drugs that alter your mind lecture laying down concert (EN)

Morning Yoga

10:00 – 11:00

EN  Janskerk

Yoga literally means ‘union’, a balance of body and mind, a singular awareness. Through the use of dynamic and static exercises we try find a balance between tension and relaxation, between strength and flexibility, between wanting to and being able to.

During the lesson we will be consciously working towards focus and concentration on the things you do when you do them. You will be instructed in breath control as an introduction to meditation: when your breath is still, your mind can be still too. Practising yoga means to connect and harmonise your own personal path with the world around you.

Please bring your own mat!



Sign up here



Monday - 22 November

How to study effectively

10:00 – 11:00

EN

online

On the internet you can find many tips that can help you get a good grip on studying at home. These lists usually contain the following items: eat well, sleep well and use a fixed study place. And then? You are sitting at your desk and want to study. How do you do that in an effective way? In this webinar we dive into the research on effective ways of studying.



Sign up here



Monday - 22 November

Ontspan! Met Ademhalingsoefeningen

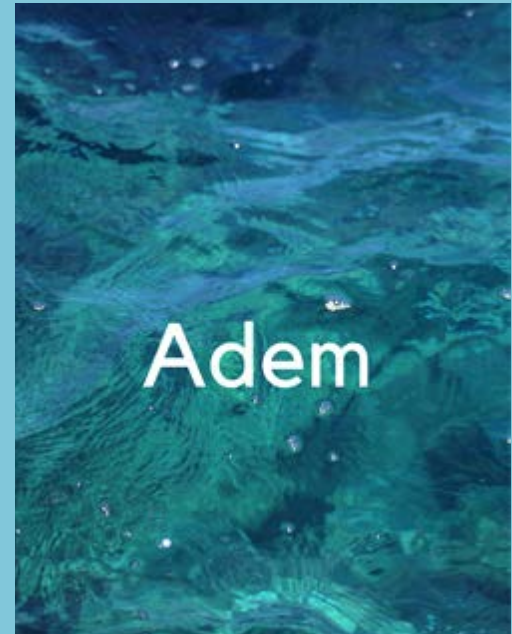
10:00 – 11:00

NL  Parnassos

Onze adem is een geweldig instrument wat we kunnen inzetten om gezond en vitaal te blijven. Via je ademhaling kun je actief invloed uitoefenen op je gemoedstoestand.

Bewust ademen via gezonde ademhalingspatronen maakt het mogelijk om minder te piekeren en in je hoofd te zitten. Het biedt ontspanning, vermindert stress, werkt positief op je spijsvertering, je zenuwstelsel en kan je helpen beter in slaap te vallen.

In deze workshop doen we gezamenlijk diverse ademhalingsoefeningen, ondersteund door bijbehorende theorie. Het resultaat? Ontspanning!



Sign up here



Monday - 22 November

Decision making: creating your life by your own design

11:00 – 13:00

EN  Parnassos

Decision-making is the central mechanism through which we create our lives. But while we are making our decisions, there are numerous underlying elements that influence that process. Our unique environment and the players in it, our mindset, emotions, rationality, the challenges we encounter, and our personal toolbox. They all impact our ability to achieve our goals, happiness, and success in supportive and discouraging ways.

Join your fellow students in this workshop and take a closer look into your unique decision-making process. Gain insight into the underlying elements that influence your life path, direct them towards a place that aligns with your personal desires and goals, and create life by your own design.



Monday – 22 November

Sign up here



Poëzie workshop

11:00 – 13:00

NL  Parnassos

Altijd al je eigen gedichten willen schrijven? Dan is deze workshop echt iets voor jou! Tijdens de workshop Poëzie duik je met docent *Annet Bremen* in de wereld van de dichtkunst.

Gedurende twee uur krijg je een inzicht in de wereld van proza en poëzie en ga je aan de slag met concrete oefeningen.



fotograaf: Maarten Mooijman

Sign up here



Monday - 22 November

Budget Coaching Workshop

12:00 – 13:00

EN  Parnassos

If money stresses you out, you constantly find yourself overspending, or you have no idea where your cash goes every month...this is the workshop for you! We will look at how to make a budget and explore some different methods. You will then have the opportunity to make your own budget (in excel or on paper). You do not have to share the numbers, but this exercise will hopefully make it easier for you to talk about money with others!



Sign up here



Monday - 22 November

Choir workshop

13:00 – 15:00

EN  Janskerk

In this workshop, you can leave behind your daily worries and cares behind to focus on singing! When you're singing, you can get entirely into the music and concentrate solely on that, while also getting a lot of positive energy from it. And even better than singing, is of course singing together! In this workshop you will be practising and singing choir music together. You will experience how it is to sing in a choir and how fun and valuable it is to make music together. The repertoire will be varied, so that there is something interesting for everyone. Additionally, the workshop will also have some breathing and movement exercises, so that you are able to relax and sing in a way that is good for your voice and body. The workshop is open for everyone, so even if you have never sung or don't have any choir experience, you are welcome to join!



Sign up here



Monday - 22 November

Practicing the Principles of Positive Psychology

13:00 – 15:00

EN  Minnaertgebouw

Positive Psychology is all about discovering your strengths and values and capitalizing on these in various life domains. In this workshop/interactive lecture you will learn more about the principles of Positive Psychology. We will briefly look at the 5 pillars of Positive Psychology, also called the PERMA-model. Throughout the workshop/interactive lecture you will be challenged by the instructor to apply and experience some positive interventions and techniques yourself. The focus will be on what is strong, not on what is wrong. Practicing such an approach will enable you to flourish, increase your wellbeing and the quality of life. Once you are familiar with the techniques you can easily continue with these on your own and teach the principles to other people too.

As a preparation to the workshop you will be asked to fill in a **‘Values in Action Signature Strength’** questionnaire. The outcome will be discussed.



Sign up here



Middelengebruik in de studententijd, lezing

14:00 – 15:00

NL  Parnassos

Een ballonnetje, biertje, jointje, of misschien wel een pilletje..

Als student ga je een nieuwe fase van je leven in. Het kan zijn dat je in je studententijd te maken krijgt met alcohol, tabak en andere drugs. Of dat je er nieuwsgierig naar bent. Weet jij wat deze middelen met je doen en wat de risico's zijn? Het gebruik van deze middelen heeft invloed op je welbevinden, zowel mentaal, sociaal als lichamelijk. Het is belangrijk om te begrijpen wat de invloed van alcohol en andere drugs op deze drie gebieden is.

Laat je tijdens deze voorlichting informeren door Jellinek Preventie & LOS over de belangrijkste trends, risico's en harm reduction tips over middelengebruik.

Test alvast je kennis op:

Test je kennis: [studententests - Jellinek](#)

Bezoek ook het informatiekraampje van **Jellinek** bij de ingang van het Educatorium!



Monday - 22 November

Sign up here



Energy Management

14:00 – 16:00

EN  Parnassos

As a student it is a constant process of switching between different appointments, environments, roles and responsibilities. If you want to keep this up, it is important to recharge sufficiently and to experience a certain balance between exertion and relaxation during the day.

In this workshop you will gain more insight into your personal energy management. You will be offered a theoretical framework and through exercises and conversation reflect on the following questions: What kind of different energy batteries do you have? What happens when you expend your energy in large amounts and for long periods at a time? In what ways can you recharge your energy actively or passively? And how can you use your energy (more) sustainably?

After attending this workshop, you will have more control over your own energy pattern. This leads to less waste, more flow and a better energy balance as a result.



Sign up here



Monday - 22 November

One-on-one budget coaching sessions

14:00 – 17:00

EN + NL  Parnassos

An appointment lasts 20 minutes

EN: If money stresses you out, you constantly find yourself overspending, or you have no idea where your cash goes every month... Feel free to drop into these one-on-one sessions! Together, we will make a budget and think of a system to get your spending on track. Please bring your laptop – we will be working with excel. It is helpful if you can bring an overview of your spending for the last 1-3 months, and of your income (from parents, subsidies, jobs...). Let's get a grip on your finances, together!

NL: Als geld je zorgen geeft, je steeds teveel geld uitgeeft, of je hebt geen idee waar jouw geld blijft elke maand... geef je dan op voor deze een-op-een sessie! Samen maken we een budget en denken we na over een systeem om jouw uitgaven en inkomsten in balans te krijgen. Zo creëren wij samen overzicht. Het helpt als je jouw laptop meeneemt – we werken in excel. Het is ook behulpzaam als je een overzicht kunt meenemen van jouw uitgaven en inkomsten de laatste 1-3 maanden. Laten we samen grip krijgen op jouw financiën!



Sign up here



Monday – 22 November

How to get and stay motivated when studying

15:00 – 16:00

EN

online

You are sitting at your bureau, trying to study for a test. You really do want to study, but somehow you seem unable to find the motivation to get started and keep going. All the house chores are done, groceries for tonight's dinner are in the fridge. But you haven't read one third of the articles yet, let alone studied them.

You are at a lecture. The teacher talks a lot, slide after slide pass before your eyes, it is not really a subject that interests you, but it is compulsory. Facebook, mail, Instagram and other things are very tempting and barely (actually not) resistible.

During this webinar you will learn a bit about how motivation works and you will get various practical tips & tricks that can help you motivate yourself.



Monday - 22 November

Sign up here



How to make your meditation a daily habit

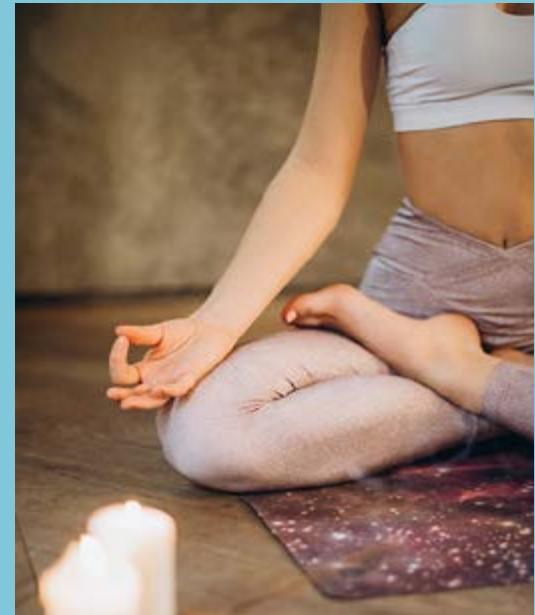
15:00 – 16:00

EN

online

Starting to meditate is sometimes easier than keeping it up. Do you want to make meditation a daily habit? Here you will learn what works (for you) and how to deal with difficulties. In the session we will do a short meditation and there is room to ask your questions. The workshop is given by Jacky Limvers, who has more than 20 years of meditation experience.

If you find this workshop interesting, you may also want to join our **Meditation Challenge**.




Monday – 22 November

Sign up here



Troost & Proost

16:45 – 21:15

NL  InDeRuimte (binnenstad)

Handen uit de mouwen, samen lekker koken en daarna met de lusten en lasten van het leven aan tafel. Ontstaan vanuit mijn jarenlange ervaring als mentor aan de HKU-theateropleiding, organiseer ik ontmoetingen met jongeren die het lastig hebben. Want psychisch leed is een groeiend fenomeen onder jongeren, wachtlijsten van studentenpsychologen zijn lang en bestaande vangnetten schieten te kort. In een veilige gespreksomgeving creëren jongeren zo met elkaar hun eigen vangnet.

Tijdens de Troost & Proost Tafel bespreken we in een informele en ontspannen sfeer over wat we lastig vinden, waar we mee worstelen of tegenaan lopen. Dat kunnen uiteenlopende thema's zijn, zoals de omgang met tegenslag, studiedruk, rouw, financiën, planning, depressie, eenzaamheid, e.d.

Doel is om naar elkaar te luisteren, begrip te tonen en waar nodig elkaar steun te verlenen. Uitgangspunt daarbij is: ernstig te nemen waar het moet en te relativieren waar het kan. De bijeenkomst is de aftrap van een zelfstandig intervisie clubje dat kan functioneren als een onderling vangnet bij (studenten-)levenslastigheden.



Monday – 22 November

Sign up here



Drugs that alter your mind lecture + laying down concert

19:00 – 21:00

EN  Janskerk AND livestream

Psychedelics have had a turbulent past. They have been hailed as miracle drugs, capable of relieving any mental disease, but also as wildly dangerous drugs. The psychiatrist Stanislav Grof famously put it: “the potential significance of LSD and other psychedelics for psychiatry and psychology is comparable to the value the microscope has for biology or the telescope has for astronomy.” In this lecture, you will learn how psychedelics are being rediscovered as clinical tools to help people who suffer from psychiatric illnesses and what psychedelic use has to do with the wellbeing of healthy people.

We will conclude the lecture with a lying concert under musical accompaniment.

Please bring warm clothes!

Sign up here



for live

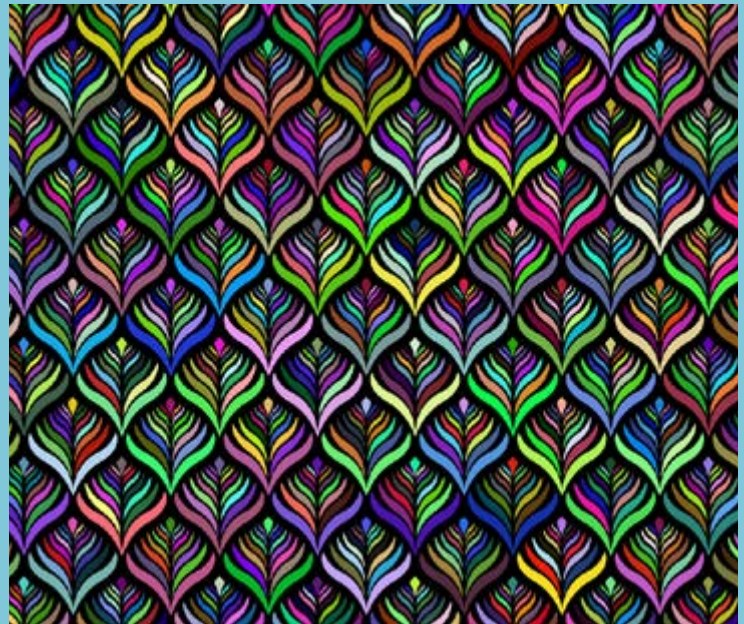


Janskerk

Sign up here



for the livestream



Monday – 22 November

Tuesday – 23 November

- 10:00 – 11:00 Boxing (EN)
- 10:00 – 12:00 Finding Balance in Aikido (EN)
- 11:00 – 12:00 Relax! With Breathing Exercises (EN)
- 11:00 – 13:00 KonMari Opruimworkshop (NL) online
- 12:00 – 13:30 Burlesque Workshop (EN)
- 13:00 – 14:00 From knowing to action! (EN) online
- 14:00 – 16:00 Listening Lab Botanic Gardens (EN)
- 14:00 – 16:00 Learning Self Compassion to Motivate Yourself (EN)
- 15:00 – 16:00 Just Sleep On It (EN)
- 15:00 – 17:00 Tackle your stress workshop (EN)
- 16:00 – 17:30 From thinking to feeling workshop (EN) online
- 16:30 – 17:15 Laughing workshop (EN) online
- 17:00 – 18:00 Introduction in yin yoga: Finding balance (EN)
- 17:30 – 18:30 Cooking Show online (EN)
- 19:30 – 20:30 Effective Reading Strategies (EN) online

Boxing

10:00 – 11:00

EN  Olympos

Boxing boosts your self-confidence and improves your – physical and mental – condition. Training is mixed and recreationally oriented.

Please bring water and sportclothes. And you can bring your own gear if you want.



Tuesday – 23 November

Sign up here



Finding Balance in Aikido

10:00 – 12:00

EN  Olympos

When life is going well, we usually feel balanced and satisfied. When life presents us challenges and hardships, we usually feel differently. Tension can knock us out of balance. Even though we are not always aware, our bodies give us many clues on how we are doing. In this workshop, we're looking for signs of (dis)balance within basic movements and exercises of aikido. We reflect and experiment on ways to become more balanced in daily life.



Aikido is a Japanese martial art. While the techniques show ways of self-defense, the aim is not to harm another human being. Actually, the practice of aikido aims at overcoming oneself, while staying in harmony with people around us. In doing so, striving for balance is key. Will you join us in this discovery?

Please note: in this workshop, some physical contact will take place. Therefore, participants are requested to take a COVID test at home, prior to attending the workshop. Furthermore, wearing comfortable sports clothing is recommended.

The instructor of this workshop is *Yo-Yi Pat*. She has been an aikido practitioner for 16 years. Even after all these years, the martial art still brings her insight, wisdom and joy.

Sign up here



Tuesday – 23 November

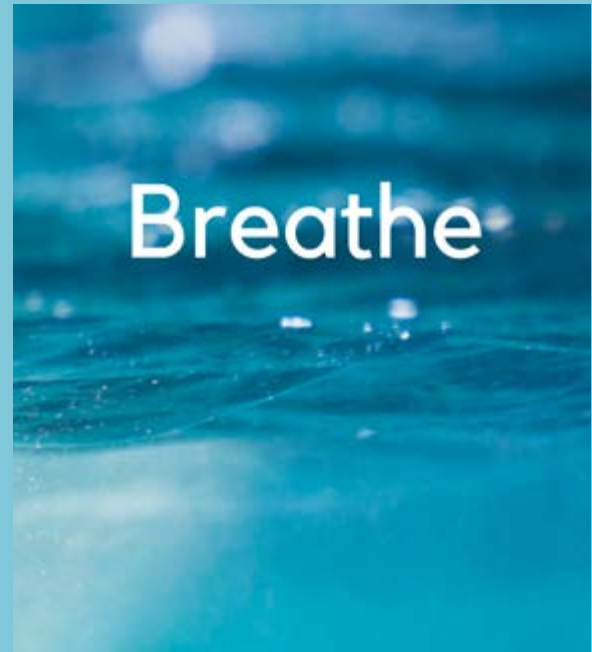
Relax! With Breathing Exercises

11:00 – 12:00

EN  Parnassos

Our breath is a powerful instrument. How we breathe can have a great impact on how we feel. Conscious breathing using healthy breathing patterns helps us to worry less, get out of our heads and into your body. It relaxes our nervous system, helps us to deal with anxiety, calms us down, improves our digestive system and increases our sleep quality.

In this workshop together we will do a couple of easy to learn breathing exercises with the main purpose to find relaxation.



Sign up here



Tuesday – 23 November

KonMari Opruimworkshop

11:00 – 13:00

NL online

Kom jij tot rust thuis en kun je in alle ontspannenheid studeren? Of zie je overal (opruim)klusjes liggen waardoor je snel afgeleid raakt? Tijdens de KonMari workshop ga je niet alleen leren hoe je moet opruimen en hoe opruimen bijdraagt aan meer rust in je huis en hoofd, maar ga je deze lessen ook direct toepassen in jouw woning.

In deze twee uur durende workshop leer je alle *ins* en *outs* over de KonMari methode en hoe je deze kan toepassen in een kleine woonruimte. Nadat je voorzien bent van een stappenplan is het aan jou om aan de slag te gaan en deze lessen gelijk in de praktijk te brengen.

Tijdens de workshop ga je zelf opruimen en kun je tussentijds met vragen terugvallen op KonMari consultant *Merel van Rodijnen* die de workshop geeft.

Na de workshop heb je grote stappen gezet in het opruimen van jouw kamer en zul je direct meer rust krijgen. Zowel in je huis, als in je hoofd!



Tuesday – 23 November

Sign up here



Burlesque

12:00 – 13:30

EN  Parnassos

You might know Burlesque from the Moulin Rouge in Paris. Burlesque is often an exaggeration of an expression, like shyness, clumsiness or feeling incredibly sexy. The Burlesque workshop is tasteful and humorous and is held in a safe environment where you are free to develop your own skills.

In class, we focus on moving elegantly and feminine. We will utilise your own strengths and beauty. And you definitely don't need to undress! We will put all exercises together in one choreography which will be feminine, sometimes funny and at times very clumsy. Practising Burlesque will guarantee lots of laughs! Burlesque increases your confidence and self-esteem. Burlesque is *THE* class if you want to move easier, more elegant and more comfortable in heels, but you can also wear socks, sneakers, or dance barefoot.



fotograaf: Robbert Maas

Sign up here



Tuesday – 23 November

From knowing to action!

13:00 – 14:00

EN online

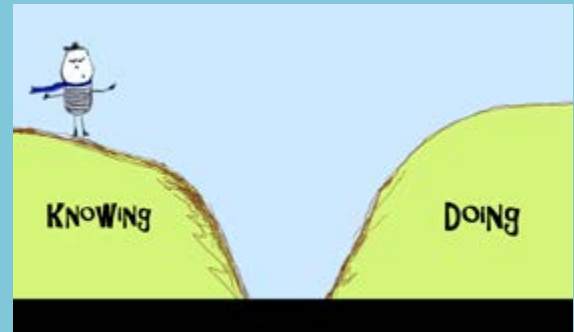
I know what I should do. But I'm just not doing it. Probably everyone of us can relate to that in one way or another right?

Would you like to change something in your life? Boost your vitality? Perhaps you would like to lose a few pounds. Work on your physical or mental strenght. For better focus, more creativity. Or maybe you think you spend too much time on your phone or would like to stop smoking?

Whatever your goal, you already know what you need to do. Eat less, get more exercise and step away from that phone or cigarette. But it's just not that simple.

There are various reasons why you might know certain things but just aren't doing them yet. This workshop is about your goal. Find out where your focus needs to be in order to start changing your vitality with this workshop!

You will learn:- What vitality means (to you)- Where you get your energy from (and what drains you out)- Learn about tools to implement good habits into daily rituals.




Sign up here



Listening Lab

14:00 – 16:00

EN  Botanic Gardens

Research finds that listening to nature can boost mood, decrease stress and even lessen pain.

With Listening Lab we go on a sound exploration in the botanic gardens. During this workshop you will stimulate your creativity, hearing and develop a stronger connection to nature and it's sounds. Through field recordings and creative writing we will collect sounds and experiment with effects to create a nature inspired soundscape.



Sign up here



Tuesday - 23 November

Learning Self Compassion to Motivate Yourself in a Different Way

A lot of people consciously or unconsciously motivate themselves in a very harsh way. They use their inner critic as a way to push themselves along when dealing with challenges or difficulties in life.

In this workshop we focus on the benefits of practicing self compassion instead of self criticism. Self compassion enhances our ability to connect in a loving and kind way with one another and with ourselves, regardless of the circumstances.

Cultivating self compassion can help you become more internally motivated to achieve the things you want to do in life, from a place of acceptance and care. In this workshop we share scientific insights regarding (self) compassion, we talk about how we can use self compassion as a motivator and do a couple of self compassion exercises together.

14:00 – 16:00

EN  Parnassos



Sign up here



Tuesday – 23 November

Lecture: Just sleep on it

15:00 – 16:00

EN  Botanic Gardens

What is the one behaviour that every person on earth has in common with any other person? If I hint that it is something we do almost one third of our life, you might guess that the answer is sleep. And you would be correct. If sleep is such a big part of our life, the next question would then be: why do we sleep? In my lecture I will touch upon this why, but also on the how and when of sleep.

Knowing something about the how, when and why of sleep will help in understanding how you could improve your (mental) wellbeing by “just sleeping on it”. Having worked in insomnia research for more than five years, I’ll also try to give some helpful tips on how to improve your sleep, should you want to. And I think after my lecture, you will want to.



Tuesday – 23 November

Sign up here



Tackle your stress workshop

15:00 – 17:00

EN  Marinus Ruppertgebouw

In this workshop we look at how stress arises and how you can recognise its symptoms. We map out what you can do to deal with it. What is relaxing for you? How do you ensure that you practice healthy habits (more)? We will do a few mindfulness exercises. You thereby train your attention, so that you can be more aware of the state of your body and mind. You can also do these exercises at home, which may allow you to find more peace and relax more consciously.

We will investigate which beliefs may underlie your stress. How do certain thoughts affect your well-being? Are those thoughts true? Do you always have to please everyone? Do you have to be perfect? Do you always have to be strong?



Sign up here



Tuesday – 23 November

From thinking to feeling

16:00 – 17:30

EN

online

In daily life our thinking mode is very active & most of us are specialized in distracting ourselves from feeling (eating, drinking, iPhone, netflix, music, buying useless things...). Even more: many of us only notice our body when it hurts or when there is some discomfort.

In this breath circle we will go back to feeling by befriending our body again. We will use different techniques (meditation, mindfulness, body awareness, movement, sound, touch) and deep connected breathing, allowing us to feel and release the tension stored in our physical, emotional and mental body. You don't need to have any experience, just the willingness to stay close to yourself and to embrace yourself with whatever is present for you right now. You are very welcome!



Anneleen Rabijns is a certified BBTRS practitioner, yoga teacher and gestalt therapist, holding space for individuals as well as groups. She's experienced in working with pain patients, burn-out prevention and experiences of loss. Her passion is to help people reconnect with their body again, use breathing techniques to self-regulate the nervous system & regain a feeling of safety, vitality, purpose and genuine connection.

Please make sure you have a (yoga) mat, pillow and a blanket at hand.

Sign up here



Tuesday – 23 November

Laughing Workshop

16:30 – 17:15

EN

online

Need a break? Why not just have a laugh?! Laughter bring lots of energy!

A good laughter helps you clear your head. It leaves no space for negative thoughts. And hey – it gives you a quick workout, too!

Laughing is one of the healthiest activities for mind, body and soul. Thanks to our Laughing Breaks, your team or customers can now experience the benefits of a hearty laugh with just a quick energising pause!

Laughing Breaks are perfect to:

- Start the working day with a little fun
- Clear the head and quickly lower stress levels
- Promote creativity and enable creative processes
- Offer an icebreaker to conference goers and training attendees
- Bring more fun and cheerfulness in a day
- Create connections between team members and workshop participants

.... and so much more



Tuesday – 23 November

Sign up here



Introduction to Yin Yoga: Finding Balance

17:00 – 18:00

EN  Olympos

Do you often feel like you are just rushing through your days, being active, productive and achieving, working off to do lists and not being able to relax? Good chance that you're a bit out of balance and mostly in your yang energy. In this session we will explore this eastern philosophy theme of *yin* and *yang*. You will have an insight into how yin yoga can benefit your body and mind and help you tap into these more yin qualities of life.

After a short introduction, you'll get to chance to experience *yin* yoga on the mat. *Yin* yoga is a slow paced, passive form of yoga. We hold poses for a longer period of time to enhance flexibility and to move deeper into the layers of our body. We practice to be still and mindful. Calming the body means calming the mind. Take this time off to turn inwards, unwind, and nourish yourself with some relaxation!

Make sure to wear warm and comfortable clothes. You are allowed to bring as many props as you like: blankets, pillows, warm socks or something to put over your eyes. Mats and blocks are available.

You are very welcome, regardless of experience! And remember: most reasons to not do yoga, are reasons to do yoga!

This lesson is *not* suitable for: pregnant ladies, people with severe injuries or physical disabilities.



Sign up here



Tuesday – 23 November

Cooking Show

17:30 – 18:30

EN

online

Together with our professional chef Merel we cook a Mediterranean inspired dish that will leave you hungry for more! Discover how to turn a simple weekday meal into something special with just the basic theory of flavor and expect plenty of inspiration to start freestyling yourself.

Sign up for this cooking show and you will receive the shopping list by email in advance. Just do the groceries, turn on teams, and let's start cooking together!



Tuesday – 23 November

Sign up here



Effective Reading Strategies

19:30 – 20:30

EN

online

Are you behind in reading chapters and articles? Or have you read everything, but it doesn't stick? This workshop will give you tools to not only go through a text faster, but also to better remember the most important information.

Are you taking a course that requires a lot of reading? Then it is good to look at your approach. Where do you start? Do you have to read everything? And how do you ensure that the information sticks? In this webinar, you will learn what you need to gain an overview of the subject matter. You will also be given tools to help you better understand and remember the content of the literature.



Tuesday – 23 November

Sign up here



Wednesday – 24 November

- 09:00 – 10:00 Breathing and Cold Exposure to Enhance Focus, Performance and Boost your Mindset(EN)
- 10:00 – 12:00 Ayurveda: the Wisdom of Life lecture (EN)
- 11:00 – 13:00 Nonviolent Communication workshop (EN)
- 11:00 – 13:00 Bijna afgestudeerd...en dan? Volg jouw eigen pad Botanische Tuinen (NL)
- 12:00 – 13:00 Getting a grip on your time (EN) online
- 12:00 – 14:00 Navigating life in times of change workshop (EN)
- 13:00 – 14:00 Speed dating for students with a disability (EN)
- 13:00 – 14:30 Impro Comedy workshop (EN)
- 14:00 – 15:30 Study well – Nutrition for the brain (EN) online
- 14:00 – 15:30 OR 15:30 – 17:00 Climbing (EN)
- 15:30 – 17:00 Kom op het filosofisch spreekuur (NL)
- 15:30 – 17:30 The Inner Workout (EN)
- 17:30 – 18:30 Cooking Show (EN) online

Breathing and Cold Exposure to Enhance Focus, Performance and Boost your Mindset

09:00 – 10:00

EN

online

Breathwork is practiced for a variety of reasons. For instance: in multiple circuits and disciplines it's used as a tool for self-optimization and self-improvement. In our hour of power we're going to share some breathing exercises that will enhance focus and reduce stress, which will improve cognitive performance and self-awareness.

We will share a live stream so you can join us from wherever you are and experience how easy applicable and effective these techniques are!

By taking a cold shower you will:

- using the cold as a stressor to embrace discomfort
- learn about the (negative) effects of certain breathing patterns
- experience breathing techniques that reduce stress
- and that enhances cognitive performance!

And you will get that all just by using the device of your choice (computer or smart device) from the place of your choice! Make sure you have a quiet space where you can lay and/or sit comfortably and enjoy the potential of your breath!

And after all this breathing, you will consider yourself ready for a cold shower!



Sign up here



Wednesday - 24 November

Ayurveda: The Wisdom of Life lecture

10:00 – 12:00

EN  Parnassos

The good news is you are already enlightened. The only problem is, you forgot. Probably because you're only taking care of one, or maybe two of your three bodies. Three bodies? Indeed. Ancient Vedic scriptures taught humanity, long before the advent of modern medicine, that we are multi-layered beings, an intrinsic part of nature, imbued with the same intelligence and infinite potential that created the entire Universe.

Sounds cool? Then this is the part where you may want to pay attention: We are only claiming a fraction of this awesomeness which is called 'life' simply because we are unaware of the infinite potential or source that lies 'within.'

Are you ready to see things in perspective and consciously take charge of your wellbeing? Then this is the workshop you don't want to miss!

Monique is a certified Ayurveda teacher connected to the Deepak Chopra Academy



Sign up here



Wednesday – 24 November

Nonviolent communication

11:00 – 13:00

EN  Parnassos

Nonviolent Communication (NVC) combines honesty and empathy to create a deep, authentic and lively connection between people. This connections creates the willingness to hold each others needs with care, and create solutions that fully work for everyone. NVC is used to create connection in our personal relationships, and is also applied in politics as a tool for conflict resolution and mediation between groups. NVC was created by Marshall Rosenberg and is known for being both practical and deeply transforming.

In this workshop you will meet the basic elements of NVC and discover how to apply these so as to connect with yourself and another person in a challenging situation

Sofie Bakker is an internationally certified trainer who has been teaching NVC in Utrecht for over ten years.



Sign up here



Wednesday – 24 November

Bijna afgestudeerd...en dan? Volg jouw eigen pad!

11:00 – 13:00

NL  Botanische Tuinen

Wat wil ik nu écht? En hoe vind ik straks een baan die bij mij past? Waar begin ik?

Herken je deze vragen en maakt het je onrustig? Wil jij met vertrouwen op weg naar jouw toekomst na afstuderen, maar heb je nog geen idee hoe?

Dan komt deze workshop precies op het juiste moment! Deze 2 uur durende workshop vindt plaats in de prachtige omgeving van de Botanische Tuinen. In deze workshop helpen we jou om stil te staan bij jouw wens. Dit doen we door het actief gebruiken van onze omgeving, middels verschillende werkvormen zoals mindfulness of lichaamsgerichte oefeningen. Niks zweverigs, maar wél stilstaan bij datgene wat jouw aandacht vraagt. De omgeving werkt hierbij als inspiratiebron, geeft nieuw perspectief op jouw vragen en brengt je uit je hoofd en in je lijf!

Ga je mee naar buiten?

“Jouw eigen weg brengt je precies waar je moet zijn.”



Sign up here



Wednesday – 24 November

Getting a grip on your time

12:00 – 13:00

EN

online

Now that studying mainly takes place from home, many students miss a good daily rhythm. Before you know it, you get bogged down, start procrastinating and you don't succeed in getting things done. Do you recognise this and would you like to get more grip on your own study behaviour? Then this webinar could be your first step in the right direction.

During the webinar, you will be given tools to help you get a handle on your study behaviour. What do you actually spend time on in a week? What are your most important time wasters? Which activities can you cut down on?

Using a step-by-step plan, we discuss what is involved in making a realistic study plan and what you need to carry it out. With these tips and tools, it becomes more appealing and easier to find a balance between effort (things you have to do) and relaxation (enjoying free time without guilt).



Sign up here



Wednesday – 24 November

Navigating life in times of change workshop

12:00 – 14:00

EN  Parnassos

Whether it's COVID, moving to a new country, starting university, or switching careers, life is full of all sorts of unexpected and self-chosen changes! Learning how to deal with them is essential for creating our personal success and happiness.

Through this workshop you will join your fellow students in open, peer-to-peer discussions around your impactful life changes.

You will gain insight into how change behaves as a phenomenon, how it affects you personally, and how you can accept change as a natural part of life.

Together, we will also work on discovering the hidden opportunities that change creates for each of us and develop new life skills so that you are not surprised nor unprepared when it reappears in your life.



Sign up here



Wednesday – 24 November

Speed Dating for students with a disability

13:00 – 14:00

EN  Parnassos

We are Studying Without Limitations, a student organization for and by students with a disability. We notice that students with a disability often miss peer to peer contact with students with experience with studying with a disability. This sharing of experiences is often something people ask for via our buddy program.

Because of this we organize this international socializing activity, in the format of a speed dating session in the wellbeing week. Here, you can meet different students with a disability; this entails physical disabilities to autism, dyslexia, and so much more.

So, are you a student with a disability, who is looking forward to meet new people, share experiences and ask questions.

During the speed dating session you will get a few minutes to talk to a co-student, then we will rotate so you can meet several students.

Note: this activity will be seated, so everyone can attend.



Wednesday – 24 November

Sign up here



Impro Comedy

13:00 – 14:30

EN  Parnassos

Do you like theatre, but don't you feel like memorizing a script? Then the workshop impro comedy might be something for you! Humor is not a must. It's all about working together, acting quickly and daring to jump on the stage. To learn the basics of impro comedy you build quick short sketches and scenes with each other. Think of dealing with and accepting unexpected turns in play, building on the input of your co-actors and creating a storyline together. You learn to be more fierce and confident on stage. The play will be approached from different angles, from absurd and hilarious to subtle and serious.



Wednesday – 24 November

Sign up here



Study Well – Nutrition for the Brain

14:00 – 15:30

EN online

The chemistry of your brain has a major influence on your performance. To perform well your brain uses neurotransmitters. Neurotransmitters are the chemicals within your brain that transmit signals between neurons and cells. Four important neurotransmitters are impacted by the foods you eat: serotonin, dopamine, GABA and acetylcholine. These neurotransmitters play a critical role in vital brain functions like sleep, behavior, mood, memory and energy.

All of these neurotransmitters are made in your brain from the food you eat! This means what you put on your plate has a direct impact on your brain health and mood.

So in this lecture we'll talk about what these neurotransmitters do for you and what we can do and eat to improve them.



Wednesday – 24 November

Sign up here 

Climbing

14:00 – 15:30
OR 15:30 – 17:00
EN  Olympos

When people take up climbing for the first time, they experience this as a rather physical sport. Which it is, or at least partly. More than a physical sport, however, it is a technical sport.

In order to start climbing, you do not really have to be very strong. Technique, tactics and mental control are far more important. Sport climbing means you are playing with your balance. Or, according to *David Van Reybrouck*: “Climbing is vertical ballet”.

This is an introductory climbing lesson for beginning climbers. Under the supervision of a certified instructor you will learn the (basic) principles of climbing and belaying and you are permitted to attempt the highest outdoor climbing wall in the centre of the Netherlands.

Please make sure you wear sport shoes!

Sign up here



14:00 – 15:30

OR



15:30 – 17:00



Wednesday – 24 November

Kom op het filosofisch spreekuur

15:30 – 17:00

NL  Parnassos

Maak kennis met filosofisch denken en spreken, een krachtige manier om je eigen denken onder de loep te nemen. Vragen die aan de orde kunnen komen zijn bijvoorbeeld: welke studie past bij mij? Wat zoek ik in een relatie? Maak ik de juiste keuzes? Eigenlijk kunnen alle vragen, die je flink bezighouden, aan een denkonderzoek onderworpen worden. Wij, Brecht, Ernst, Harm en Jacobien van de Filosofische praktijk Utrecht laten je graag kennis maken met deze waardevolle methode.

Wat kun je verwachten?

We beginnen met een korte introductie over wat filosofisch denken inhoudt en wat het te bieden heeft. Juist in het denken over belangrijke kwesties schiet ons denken namelijk nogal eens te kort. Misschien herken je dat wel, wanneer je over een probleem al lange tijd nadent, verandert er weinig in dat denken erover, omdat je steeds op dezelfde manier denkt en daardoor maar moeilijk verder komt.

Vervolgens ga je zelf aan de slag in kleine groepjes. Wie wil brengt een vraag in en gaat met één van ons in gesprek, terwijl de rest van het groepje mee luistert. We eindigen steeds met een korte nabespreking. Aan de basis liggen belangrijke luistervaardigheden, zoals: niet invullen voor de ander of interpreteren, maar doorvragen en de letterlijke bewoordingen van de ander gebruiken bij het stellen van een vraag. Geen oplossingen bieden of helpen, maar zet de ander aan het denken door het stellen van vragen. Meteen van waarde.



Sign up here



Wednesday – 24 November

The Inner Workout

15:30 – 17:30

EN  Parnassos



Ever faced a personal challenge and didn't know who to ask for advice?

Ever felt that you are the only one struggling with life while everybody else has it all together?

When the pressure is rising, we feel stuck and alone with our challenge. It is the perfect moment to join an Inner Work-Out!

The Inner Work-Out is a Gym of listening and social connections, Just like a gym you are invited to develop yourself. We use dialogue, listening, and reflections as means to grow internally and build meaningful relationships with others.

What happens in the session:

- In a small group: you define an area in your life in which you feel stuck or experience an Inner conflict.
- You share your question and elaborate on the challenge you are currently facing
- Other listen, really listen
- The Listeners share what they feel is the essence of your question
- You share your new insights and decide about your concrete next step

And then magic happens

- You will experience the joy of new connections
- You will grow as a person and as a listener
- And you feel more connected generally in your life

Come as you are and bring a challenge with you. The session will be guided by *Amir Carmel* – organizational psychologist and the founder of the Inner Work-Out.



Sign up here 

Wednesday – 24 November

Cooking Show

17:30 – 18:30

EN

online

Together with chef *Nikki*, who is an experienced cooking workshop host, we will be making a fancy recipe. Always thought that making your own ravioli is difficult? Not with this smart and easy cooking hack! Surprise your date or roommates with this dish, and they will do the dishes with love.

Sign up for this cooking show and you will receive the shopping list by email in advance. Just do the groceries, turn on teams, and let's start cooking together!



Wednesday – 24 November

Sign up here



Thursday – 25 November

- 10:00 – 12:00 Self Defense for Women (EN)
- 10:30 – 11:30 STUdance hip hop dansles (NL)
- 10:30 – 12:00 Emotiekunde (NL)
- 10:30 – 12:00 Wat jij doet heeft zin. Waarom een beter milieu wél bij jezelf begint (NL)
- 11:00 – 12:30 Botanisch Illustreren in de Botanische Tuinen (NL)
- 11:00 – 12:30 Introduction into Mindfulness (EN)
- 12:30 – 15:30 Ikigai workshop (EN)
- 13:00 – 14:30 GetStarted: Beating Procrastination (EN)
- 13:30 – 15:00 Sport Psychology – Learn to perform under pressure (EN)
- 14:00 – 16:00 Painting Workshop ESN (EN)
- 15:00 – 16:30 Van Burn-Out naar Balans! Interactieve lezing (NL)
- 17:00 – 18:00 Meditation Lab (EN) live AND online
- 20:30 – 21:30 Mental Health Experts Talk Show: Talk about it! (EN)

Self Defense for Women

10:00 -12:00

EN  Olympos

Have you ever wanted to know how to defend yourself in the street if needed? Then this class is for you! This class is to teach women how to defend themselves in any situation. Self-defense encompasses multiple different sports and martial arts which, combined, create a strong set of skills in order to protect yourselves and others in dangerous situations.

The training will be two (2) hours and will consist of learning self-defense techniques and practicing them in groups. We will be using focus pads and gloves for some of the exercises, and bare hands for others. I will be teaching the basic kickboxing punches and kicks, as well as grappling techniques.

After the workshop, you should be able to use the basic self-defense techniques learned in class, as well as having gained confidence in yourself when faced with any kind of stressful/dangerous situations.

My name is *Clara Colas*. I have been training martial arts for two years. I specialize in Kickboxing and Muay Thai, but have also trained Karate, Grappling, and Krav Maga in the past. I am currently training Muay Thai and Boxing at Jimmy's Gym in Utrecht.

Please wear comfortable clothes (shorts, leggings, t-shirt, etc.), sneakers, and bring water. If you have gloves, you can bring them to the workshop.



Sign up here



Thursday - 25 November

STUdance hiphop dansles

10:30 – 11:30

NL  Olympos

Het zal een beginners workshop zijn in de stijl hiphop. Iedereen kan hieraan meedoen.

Tijdens de workshop zal bestaan uit een warming up, verschillende oefeningen en we eindigen met een stukje choreo. We kijken er erg naar uit om jullie te zien.



Thursday – 25 November

Sign up here



Emotiekunde, interactieve lezing / coaching

10:30 – 12:00

NL  Parnassos

Hoe ga je op een gezonde manier om met lastige emoties? Hoe kan je iets loslaten? En hoe kan je nieuwe gedachten en overtuigingen creëren? Al deze vragen waren jaren geleden de start voor mijn zoektocht naar geluk.

Ons leven is grotendeels gebaseerd op het vermijden van pijn en op het verkrijgen van geluk. Maar wat als het in werkelijkheid nu juist omgedraaid is; en dat je door jezelf te openen voor je pijn, je juist geluk verkrijgt? Hierin ondersteun ik mensen die mijn praktijk bezoeken en wil ik een belangrijke boodschap met jullie delen, namelijk: Jij hebt zelf het allergrootste instrument in handen om jezelf goed te voelen.

Ik wil jullie kennis laten maken met een nieuwe manier van 'zijn', waarbij je o.a. leert hoe je pijnlijke emoties in jezelf leert toe te staan en welke boodschap emoties hebben. Ik hoop jullie te ontmoeten tijdens deze lezing.



Sign up here



Thursday – 25 November

Wat jij doet heeft zin. Waarom een beter milieu wél bij jezelf begint

10:30 – 12:00

NL  Minnaertgebouw

Wil je een betere wereld, maar voel je je machteloos?

Wil je je steentje bijdragen aan het voorkomen van klimaatverandering, maar lijkt het steentje te klein? Kom dan luisteren naar sociaal onderzoeker en verbeter-de-wereld-trainer Geerte Paradies.

Tijdens deze sessie vertelt zij over de verschillende manieren waarop jij als individu het verschil kan maken. Vaak wordt gezegd dat er systeemverandering nodig is om klimaatverandering aan te pakken. Er wordt helaas niet bij gezegd hoe we daar invloed op uit kunnen oefenen, terwijl dit wel kan.

Naast dit nieuwe perspectief zul je kennismaken met een voorproefje van de kracht van het Verbeter de Wereld trainingsprogramma dat ieder jaar wordt georganiseerd door **Stichting Verbeter de Wereld**.

Je gaat naar huis met hoop en concrete ideeën om mee aan de slag te gaan.



Verbeter de wereld

Sign up here



Botanisch illustreren

11:00 – 12:30

NL  Botanische Tuinen

In deze workshop ga je botanische illustraties maken geïnspireerd op de oude botanische tekeningen die op dit moment populair zijn. Laat je inspireren door bijzondere bloemen en planten.

Door goed te kijken naar de unieke vormen, structuren en kleuren verbeter je je tekenvaardigheden. Je leert hoe je krachtige vormen en lijnen, de juiste verhoudingen en schaduwen tekent.

Even lekker ontspannen met anderhalf uur creatief bezig zijn!



Thursday – 25 November

Sign up here



Introduction into Mindfulness

11:00 – 12:30

EN  Parnassos

Mindfulness. What is it exactly? How do you practice mindfulness? And how can mindfulness benefit you in your situation?

By practicing mindfulness you learn how to be more in the present moment. It helps you to be resilient in difficult times, reduces stress and stressful thoughts and it makes you more aware of the things that matter to you most.

Join this workshop if you want to experience and play with different ways of being mindful. Afterwards, you will know what mindful routines and healthy habits you want to invite into your daily life and how to do them.



Sign up here



Thursday – 25 November

Ikigai workshop

12:30 – 15:30

EN  Parnassos

Everyone has an Ikigai: a reason for living. When you can discover your purpose in life and what is meaningful to you, you will not only find more fulfillment, but you will live longer. Finding your Ikigai provides more inspiration, direction and energy: everything you need to live a healthier and happier life.

During this workshop, based on *Francesc Miralles'* bestseller: “Find your ikigai” you will discover what your motivations, passion and talents are. In a three-hour session you will work with our trainers to find answers to the crucial questions in life: Who am I, what drives me, what are my talents, what makes me happy? And how can I give more meaning to this in my daily life.



Thursday – 25 November

Sign up here



GetStarted: Beat Procrastination 'the Caring Universities way' workshop

13:00 – 14:30

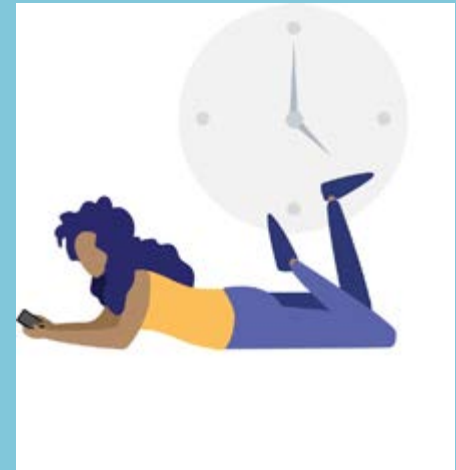
EN  Parnassos

In this workshop you will get a glimpse of 'GetStarted', an online module offered on the Caring Universities platform. GetStarted is targeted at understanding procrastination and the way it works for you. You'll learn a way to recognize patterns and automatic thoughts. What makes you put things off? What's in it for you?

We'll get you thinking about your behavior and thoughts and we'll teach you how you can challenge these thoughts and replace them with constructive, helpful thoughts. A helpful skill in tackling what is often a stubborn problem.

Get a glimpse at the module and ask any questions you might have.

If you would like to continue with the module, you can sign up on the Caring Universities platform.



Sign up here



Thursday – 25 November

Sport Psychology – Learn to perform under pressure

13:30 – 15:00

EN  Parnassos

Do you recognize this? When performing in a low-pressure situation, like in training sessions, you perform well. Your mind is quiet and you execute the techniques well. But then in a match, in a high-pressure situation, your mind starts racing, you feel you have less control over your movements and you make mistakes you never make when the pressure is low. In other words: under high pressure, you act and react differently and as a consequence, your performance suffers. And the worst thing is: you feel you have little control; it just happens to you.

Every athlete is different, and responds differently to high pressure situations. Sport psychology can help you to get an understanding of what exactly happens with your mind and your performance under high pressure. In this workshop you will learn more about your response to high pressure. You will also learn some techniques that may help you to keep it cool, yet stay focused, under high pressure. The learnings from this workshop can easily be transferred to other high-pressure contexts, such as university or work.




Sign up here



Thursday – 25 November

Painting Workshop (ESN)

14:00 – 16:00

EN  Botanic Gardens

Are you a master painter and are you convinced your paintings should hang in the Rijksmuseum? Or do you just like to relax, have fun with your peers while doing some painting? In both cases this is the place for you to go! We from ESN Utrecht are going to help you dive into the life and art of Van Gogh. So that you will be able to think like Van Gogh, act like Van Gogh and paint like Van Gogh (but don't worry, the cutting off of ears like Van Gogh is not included in this workshop). Together we will try to recreate the Starry Night of Van Gogh as much as we can. So it is time to brush off your painting easel, stick your paintbrush in some paint and get those creative juices going!



Sign up here



Thursday – 25 November

Van burn-out naar balans! Interactieve lezing

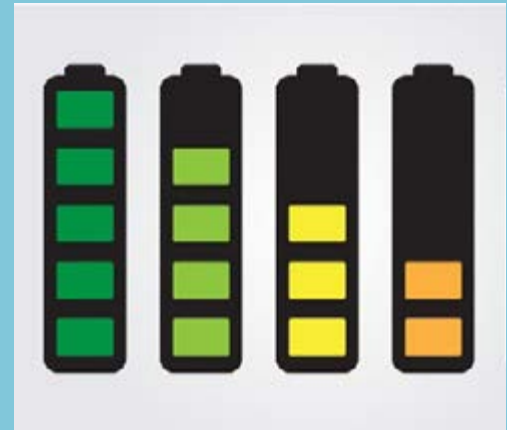
15:00 – 16:30

NL  Marinus Ruppertgebouw

Heb jij veel stressklachten en twijfel je wel eens of je tegen een burn-out aan zit? Neem die twijfels serieus en weet: je bent helaas niet de enige. Veel jonge mensen hebben last van stress- en burnoutklachten en de ‘millennial burn-out’ begint langzaam een begrip te worden. Hoe kan het dat zoveel jonge mensen een burn-out hebben of hier tegenaan zitten? Welke individuele risicofactoren zijn er? Hoe draagt onze prestatiegerichte maatschappij hieraan mee? En hoe kom jij erachter of jij zelf veel stress ervaart, overspannen bent of misschien wel burn-out? En wat is eigenlijk het verschil daartussen?

In deze interactieve lezing deelt psycholoog *Eva de Jager* (29) haar verhaal. Ook zij belandde in een burn-out en deelt haar ervaring om jou meer bewust te maken van jezelf, jouw lichaam, jouw leefstijl en de verwachtingen van buitenaf. De burn-out zal van verschillende kanten belicht worden, er zullen tips meegegeven worden in het herkennen en omgaan met. Er zal gesproken worden over spanning en ontspanning, oosterse wijsheden voor het vinden van balans, teveel willen en moeten en hoe we massaal roofofbouw plegen op ons welzijn en ons lichaam.

Na de lezing is er de mogelijkheid om vragen te stellen.



Sign up here



Thursday – 25 November

Meditation Lab

17:00 – 18:00

EN

Live AND online

In the hectic pace of everyday life, it is important and pleasant to consciously build in moments of peace. This allows body and mind to recover from all efforts. Meditation is one of the ways to do that. It is a conscious training of attention, for which all kinds of techniques exist.

In the Meditation Lab, low-threshold guided meditations are offered every week, suitable for beginners and advanced practitioners. You are welcome if you want to learn to meditate and also if you want to maintain or deepen your meditation or mindfulness exercise.

Sign up: send an email to studentwellbeing@uu.nl to let us know that you would like to be added to the MS Teams Channel.



Mental Health Experts Talk Show: Talk about it!

20:30 – 21:30

EN  Parnassos

Why do we feel like we always need to be happy and perfectly fine even when everything isn't? On the 25th of November, we stop the nonsense and start talking about it. During this evening you and I openly talk about mental health with various experts who have a different perspective on the matter. For one hour we speak, discuss and philosophize about solutions, ideas and visions regarding mental health. You get the possibility to speak with Prof. Dr. *Jim van Os*, professor in psychiatry, mental coach *Glenn Potvliet* and stress management coach *Sylvia Ebbens* and others. Afterwards there is the possibility to share thoughts and findings while enjoying a drink. To top that, you get access to a free trial of the elaborated version of the *Origins App*.



We hope to see you there!

Sign up here



Friday – 26 November

10:00 – 12:00 Persoonlijk leiderschap (NL)

10:00 – 12:00 Veerkracht Ontwikkelen (NL)

10:00 – 12:30 Cold Exposure Workshop at Kromme Rijn (EN)

11:00 – 13:00 My Inner Climate and the World (EN)

12:00 – 13:00 Studentenwelzijn UU – feedbacksessie (NL) online

13:00 – 14:00 The Brutal City Bootcamp (EN)  Griftpark (Peter's Bistro)

Persoonlijk leiderschap

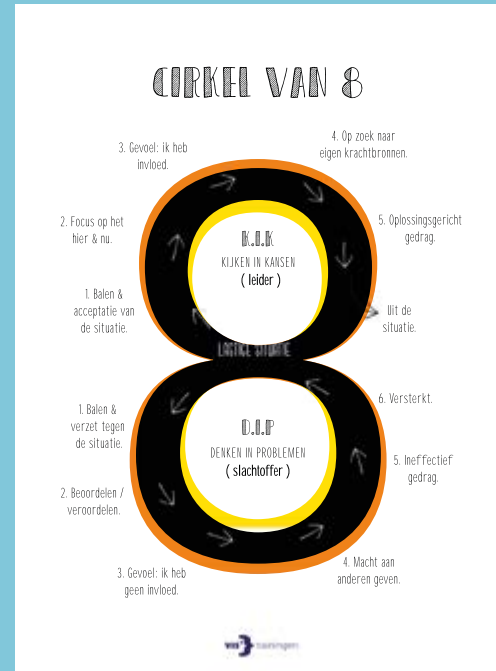
10:00 – 12:00

NL  Parnassos

Deze tijd vraagt veel van ons. We hebben te maken met allerlei verwachtingen – of die nu intern of extern gecreëerd zijn – waarvan we voelen dat we daaraan moeten voldoen. Hoe logisch die misschien ook klinken, het zorgt ook voor druk en heeft vooral als resultaat dat we steeds verder van onszelf verwijderd raken.

Hoe blijven we staan temidden van dit alles? Hoe gaan we om met onzekerheid, spanning en verwachtingen? In deze workshop over ‘persoonlijk leiderschap’ sta jij centraal. Om de focus weer te krijgen op wat voor jou belangrijk is. Zodat je vanuit daar richting kan geven en keuzes kan maken. Zodat je ruimte creëert om in mogelijkheden en kansen te kijken.

Soms kan het voelen alsof de omstandigheden bepalen hoe jij je voelt en wat je doet. Aan het eind van deze workshop heb je praktische handvatten om de controle en het eigenaarschap over je eigen leven weer te voelen.



Sign up here 

Friday – 26 November

Veerkracht Ontwikkelen

26 November & 3 December

10:00 – 12:00

NL  Parnassos

**Deze training bestaat uit twee bijeenkomsten!
Een op 26 November en een op 3 December.”**

In ieders leven komen tegenslag, teleurstellingen en moeilijkheden voor. Het kan leiden tot piekeren, stressen of vermijden. Hoe kom je weer in balans? Het vermogen om dat te doen noemen we veerkracht. Veerkracht is beslist geen onveranderlijk gegeven: je kunt het ontwikkelen. In twee interactieve bijeenkomsten gaan we daar mee aan de slag.

In de eerste bijeenkomst besteden we aandacht aan de verschillende vormen van veerkracht en waar je die kunt tegenkomen. We onderzoeken hoe we een gebeurtenis met verschillende brillen kunnen bekijken. We bekijken ook hoe je je algehele niveau van veerkracht kunt vergroten.

In bijeenkomst twee gaan we in op stressvolle situaties. Hoe ga je daar bewust mee om? We onderzoeken ook hoe je richting kunt geven aan je leven, en daarbij uitdagingen aangaat.

Met meer veerkracht kun je je vertrouwen vergroten, bewust doelen nastreven en stress verlagen. Wil je leren hoe? **Kom naar de trainingen.**



Je schrijft je hierbij in voor twee trainingen

Sign up here



Friday - 26 November

Cold Exposure Clinic

Kromme Rijn

10:00 – 12:30

EN  Meeting point:
Marinus Ruppertgebouw

Heard of that intriguing Dutch guy Wim Hof? And of his most memorable achievements which really illustrates that the limits of our human capabilities can be stretched: he has claimed 26 world records!

Ok, we're not going to push it to these extremes... But what we are going to enhance our focus, health and energy by going for a really cold plunge in the open water! And you can join us!

By joining us you will:- experience more energy, reduced stress levels, and an augmented immune response by using the Wim Hof Breathing; - discover a method that enhances will-power, determination and focus;- hack the human stress system by using the breath to endure the cold water plunge and perhaps even enjoy it (unless you hate muddy feet)!

What you need to bring along: - two large towels- Yoga mat- a blanket - a warm and comfy outfit- swim suit/shorts - a filled-in health declaration (which you will receive after you signed-up)

Boost your mindset, immunity and self-beliefs with The Ice Guys Tribe and go for that **cold plunge in the open waters** of Utrecht!

Please note: **You will need a bike to cycle from Marinus Ruppertgebouw to the Kromme Rijn!**



Sign up here



Friday - 26 November

My Inner Climate and the World

11:00 – 13:00

EN  Parnassos

At the university, we learn a lot about the world around us, but we don't pay much attention to our inner world. However, we all have our thoughts and feelings.

How does learning about climate change, pandemics, societal issues, or other problems make you feel? Also, what motivates you to study and what keeps you going when it gets hard sometimes?

Our Inner Climates and their connections to the Outer Climate are of major importance, especially within the sustainability transition.

We will investigate our inner climates during this session, get to know them, and learn how they connect to the world around us.

We will identify our intrinsic motivations and do exercises to make contact with our bodies. In the end, we will think of a heart's desire for ourselves with which to continue our studies and lives.



Friday – 26 November

Sign up here



Studentenwelzijn aan de UU – feedbacksessie

12:00 – 13:00

NL

online

Het doel van deze workshop is om de studenten aan de ene kant te voorzien van informatie en aan de andere kant informatie vanuit hun kant op te halen. Door de studenten te informeren over welke dingen mogelijk hun eigen welzijn verminderd en het huidige activiteitenaanbod aan te tonen hopen wij meer studenten te kunnen informeren over wat er precies wordt gedaan op de universiteit voor studentenwelzijn. Aan de andere kant willen wij ook graag van hen te horen krijgen welke activiteiten of programma's zij wellicht nog missen in ons huidige welzijnsprogramma.

Organisatie: *Michelle Breurman* in samenwerking met het team Student Life and Mobility.



Sign up here



The Brutal City Bootcamp

13:00 – 14:00

EN  Griftpark

Bootcamp is an outside fitness program to get you into shape quickly. The main aspects are: being outside, doing exercises in a group, improving your fitness and strength, getting fit and flexible and having FUN!

Bootcamp is given for both men and women of all levels; the trainer will adjust the training to your level of fitness. The lessons mainly consist of: running, interval training and fitness exercises.

In short, the ideal work-out to challenge you to make you feel strong, fit, energetic and getting into shape.

No matter what the weather is: the lesson will start from **Peter's Bistro** in the middle of the Griftpark.



Friday - 26 November

Sign up here



Additional Activities

Thesis Kick Off – Designing your thesis and setting a schedule

Thesis Kick Off – Finding the right sources: what, where and how?

Thesis Kick Off – Getting the most out of your supervisor

Thesis Kick Off – Effective Writing

Interesting Webinars on Wellbeing

Thesis Kick Off – Designing your thesis and setting a schedule

Tuesday
23 November
13:15 – 15:00

EN  University Library Uithof

In this workshop you will learn what it takes to conduct research effectively and efficiently. It starts with carefully delineating your thesis subject and clearly formulating your thesis question. These are two crucial elements of study design. Add to that a realistic schedule, and you stand a very good chance of writing your bachelor or master thesis with purpose and without delay.



Additional activities

Sign up here



Thesis Kick Off – Finding the right sources: what, where and how?

Tuesday
23 November
15:15 – 17:00

EN  University Library Uithof

Your thesis will only ever get as good as the sources you have used, right? In this workshop, the university library staff invites you to reflect on your search strategy. You will get tips on how to proceed step-by-step in a systematic and effective way, from defining search terms up to delivering a well-selected reference list. How familiar are you with the search engines in your discipline? How smart are you at finding really qualitative sources in databases? We will also address how you can manage references.

This workshop builds upon the online [training Compass](#), which you can do anytime to test yourself or brush up your basic information skills.



Sign up here



Thesis Kick Off – Getting the most out of your supervisor

Wednesday
24 November
09:15 – 10:45

EN  University Library Uithof

Thesis supervisors are important. They coach you and evaluate your work. How do you make the most of them? In this workshop we will explore questions like: What can you expect from your supervisor and what do they expect from you? When is it best not to bother your supervisor? We will look at thesis conversations, discuss the pitfalls in those interviews and share tips on how to avoid them.



Additional activities

Sign up here



Thesis Kick Off – Effective Writing

Wednesday
24 November
11:00 – 12:45

EN  University Library Uithof

Thesis supervisors are important. They coach you and evaluate your work. How do you make the most of them? In this workshop we will explore questions like: What can you expect from your supervisor and what do they expect from you? When is it best not to bother your supervisor? We will look at thesis conversations, discuss the pitfalls in those interviews and share tips on how to avoid them.



Additional activities

Sign up here



Interesting Webinars on Wellbeing

Smart studying – Where science meets students

Focus on attention

Sleep smarter

Smart moves

FOOD for thought

Self-nudging; make better choices