WELLBEING WEEK
PROGRAMME
TABLE OF CONTENT

Daily activities

Monday 9 May

Book recommendations

Tuesday 10 May

Wellbeing Through The Year

Wednesday 11 May

Thursday 12 May

Need Help?

Friday 13 May

Partners
DAILY ACTIVITIES
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.
You will meet face to face or online with a coach who will completely focus on whatever your goal is and what you want to talk about. The Online Coaching Center offers the opportunity for young coaches to learn in a coaching community to improve their coaching performance. They want to contribute to the development of others. Your coach is a carefully selected fellow student, trained as a coach.

What you can expect from your coach:

• Curiosity and an eagerness to learn
• The wish to explore your question with you
• The appreciation of what is already there
• A warm engaged heart
• The zest to experiment together and develop in the desired direction
Do you want to begin your days mindful? This Well Being Week is a great occasion to start or continue with daily meditations! From Monday till Friday, we will provide you with daily, 15-minute online guided sessions from 9.00 - 9.15. Join the team and support your fellow students in making meditation a daily habit. Jump out of your bed, into mindfulness!
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.
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.
Eating and talking together with other students you don't know yet? You can do this through Eet Mee (Eat Together) during the Wellbeing Week! You can host a dinner for other students or join a dinner at another student’s house. You can participate on your own, with friends or housemates, you can also take part in a virtual dinner.

Sign up for a nice dinner with other students. Simply create your profile and indicate your preferences. You will automatically receive an e-mail with the list of registrations for your dinner or your invitation as a guest.
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.

ENG: 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.
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.
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 Yke Eijkemans 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?

MONDAY MAY 9

Sign up here
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!
Driving under the influence is dangerous. Everyone knows this, yet young people still get behind the wheel after drinking alcohol. The BOB team will set up their BOB-up stand during the Wellbeing Week of Utrecht University.

At the BOB-up stand you can take a seat in the 3D-Tripping Car. This is a VR simulator in which you can experience the dangers of driving under the influence. In addition, after making a promise, you can take a photo with the photoframe and take a Polaroid photo with you. Always wanted a BOB keychain? You can earn this by taking a breathalyzer from the BOB team and blowing 0.0!

MONDAY MAY 9

Just stop by!
Ruzie met een huisgenoot, zakken voor je tentamen, je zorgen maken over een dierbare, opzien tegen een uitdaging... Bij 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. Bij ieder is het anders gesteld met de veerkracht, maar het is beslist geen onveranderlijk gegeven: veerkracht kun je ontwikkelen. Met meer veerkracht kun je je vertrouwen vergroten en je stress verlagen. Wil je leren hoe? Kom naar de training.

Let op! Deze training heeft 2 sessies. Dit is de tweede sessie. De eerste sessie zal plaatsvinden op 2 mei.
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, provided by Ivana Brasileiro Reis Pedeira, 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).
Gezondheid: je merkt het vaak niet op, het is er meestal gewoon. Een belangrijk onderdeel van gezondheid is energie, een term die wij vaak voor fitheid gebruiken. Meestal merken we dit op als het er niet is, bijvoorbeeld ‘geen energie’ hebben kunnen we ‘vermoeid’ noemen, of niet fit zijn. Wanneer we in de Chinese geneeswijze praten over energie, dan hebben we het over functies van je lichaam, maar ook van je geest. Het doel van Chinese geneeswijzen is om iemands persoonlijke balans weer te herstellen. Dit doen we door te kijken naar de balans tussen yin en yang, tussen energie en bloed en verder meer gedifferentieerd naar een specifiek functieniveau.

In deze lezing krijg je een introductie in Chinese geneeswijze en wordt ingegaan op de gehanteerde concepten, diagnostische technieken en hoe dat tot een plan van aanpak leidt. Ben je nieuwsgierig geworden? Geef je op voor de lezing en maak kennis met de wijsheid van de Chinese geneeswijze!
In this workshop, you can leave 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 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!
You grow up and you suddenly notice that you have been ‘raised’ in a certain way. What did your parents give you? And what do you like and what not?

In this Bloeiklas (translation: Flourishing class) by de Kwekerij we offer ideas and exercises on how you can deal with your upbringing. We do this from psychological, sociological and an anthropological perspective. We will make you aware what kind of parenting style you have experienced. Together with the anthropologist Van Gennep, we investigate the importance of rites of passage.

We will make our own, share experiences and go back and reflect on our childhood. This way you will consciously decide what you want to take with you and what you want to leave behind.
ABOUT
DE KWEKERIJ

Do you want to discover who you are and what suits you? Do you sometimes doubt about love? Don't you shy away from the big questions of life? And do you also believe that together you can become wiser? Then this blooming spot is for you!

De Kwekerij is a place for students and young professionals where you gain valuable insights through slowness, reflection and vulnerability.

During the Wellbeing Week, De Kwekerij offers three Bloeiklassen (translation: Flourishing Classes). On Monday, you can join the Bloeiklas How Your Upbringing Has Shaped Your Adult Life. On Friday morning, you can join the Bloeiklas Why Do We Always Want Something New. Finally, De Kwekerij offers the Bloeiklas How to Build Flourishing Friendships Friday afternoon.
In deze workshop word je in een uurtje meegenomen op een reis van de klassieke psychologie (Freud, Skinner), via de humanistische psychologie (Rogers, Maslow) naar de jongste tak: de positieve psychologie. Waar Freud heel bescheiden was en meende dat je niet veel verder kon komen dan van hysterische ellende “gewoon ongeluk” maken, gingen Rogers en Maslow uit van groei, keuze en zelfontplooiing. Positieve psychologen leren ons zelfs hoe je gelukkiger kan worden, bv door het trainen van dankbaarheid.
Vincent Duindam (psycholoog) illustreert dit met voorbeeldjes uit zijn eigen leven. Zo lezen we deze regels in zijn eerste dichtbundel (1980):

“We gaan doe het leven heen, met de startblokken aan het been.”

Deze pessimistische visie ligt nu vrij ver achter hem. Tenslotte laten we zelfs even de grenzen van de academische psychologie achter ons en kijken wat er in de Dhammapada en Bhagavad Gītā genoteerd staat over; het goede leven’. Het lawaai van je drukke gedachten laten verstillen en in contact komen met je meer essentiële zelf.
Misbruik en geweld in een relatie beginnen vaak klein. Met negeren, jaloezie... Vaak wordt het niet eens als zodanig benoemd! In de praktijk zien we echter dat wat eerst als klein wordt gezien, snel in ernst en hevigheid kan toenemen. Daarom is het belangrijk de waarschuwingssignalen van een ongezonde relatie te herkennen. En erover in gesprek te gaan. Dat is wat we met de YSL-college tour willen bereiken.

Geweld in relaties bij jongeren:
- 1 op de 5 jongeren (16-24 jaar) is slachtoffer
- 1 op de 10 heeft te maken gehad met dwingende controle
- 7% van jonge vrouwen heeft te maken gehad met stalking
- 5% van jonge vrouwen heeft te maken gehad met seksueel geweld

De YSL- College Tour is onderdeel van het programma Abuse is not love. Met dit programma vraagt YSL Beauty wereldwijd aandacht voor geweld en misbruik in partnerrelaties.
Taijiquan is a martial arts practice which aims to calm the mind, enhance balance and flexibility, cultivate qi, or internal force, and restore elasticity of the connective tissue. Taiji is an internal or soft martial art. An attack is met not with opposing force, but is deflected and absorbed. Becoming skilled at this has an impact on how we react to non-physical aggression as well. Being yin when an aggressor is yang runs contrary to our instincts, and isn’t the same as running away.

Mitchell Sandler will be hosting the taiji workshop. The workshop will start with some warming-up exercises: a form of qigong - literally ‘energy training’. Then we’ll look at some of the taiji techniques, and practice them in groups of two. Finally we’ll go through a part of the taijiquan ‘form’, a set routine of techniques.
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, hosted by Steven Raaijmakers, we dive into the research on effective ways of studying.
Go on a journey with biohacker and breathmaster Kasper van der Meulen! Learn to ride the wave of your breath into deep relaxation, profound insight and altered states of consciousness. This session will be guided with live music and show you the magic that is to be found in every breath you take. After the guided experience, Kasper will explain the science of breath and how to implement this into your daily life for less stress and more ease of mind.

After Kasper's session, enjoy the lying down concert. Lie down under the age-old vaults of the Janskerk and enjoy the colourful sound world of the unique combination of accordion and modular synthesizer. Dennis Weijers (www.dennisweijers.nl) makes you forget the time in ambient, minimal and classical sonorities, joined by pianist-organist Laurens de Man.
TUESDAY MAY 10
BREATHING EXERCISES & COLD EXPOSURE

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 easily applicable and effective these techniques are!

By taking a cold shower you will:
- use 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 enhance cognitive performance!

You will get all of this 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!
ONTDEK JE TALENTEN MET DE TMA TALENTANALYSE

09:30-11:30 Online NL

Met de TMA Talentenanalyse kun je jouw talenten en drijfveren in kaart brengen. De uitslag geeft je inzicht in de zaken waar je goed in bent en met hoge kans op succes mee aan de slag kan gaan. Trainer Jan Pieter van Leeuwen geeft je in de online sessies verdere uitleg en tips over wat de resultaten betekenen voor jouw talenten en drijfveren en hoe je deze inzichten kunt gebruiken voor het maken van keuzes, bijvoorbeeld over welk werk en welke werkomgeving goed bij jou passen. Vooraf maak je de analyse. Dit duurt ongeveer 30 minuten. Je krijgt daarvoor een email waar je een account mee aanmaakt. Vervolgens geef je antwoord op 170 vragen en kun je je rapport in het TMA portaal bekijken.

Sign up here

TUESDAY MAY 10
In de voorlichting van GELIJKSPEL zal het seksuele spel centraal staan. Deze seksuele voorlichting gaat verder dan een condoom om een banaan en is specifiek gericht op het studentenleven. Door in gesprek te gaan met de studenten worden er taboes doorbroken en geven wij inzicht over verschillende onderwerpen binnen de seksuele cultuur van het studentenleven; zoals bijvoorbeeld het herkennen en aangeven van grenzen. Dit doen wij aan de hand van het bespreken van casussen en onze toolkit: de spelregels. In onze voorlichting maken wij geen onderscheid op basis van seksualiteit of geslacht, waardoor wij alle perspectieven in ons narratief betrekken.
Conflict is inevitable. During your work, during your studies, in your private life. You will inevitably end up in a situation where your goals seem incompatible with those of someone else. So, how can you make sure that your conflicts will be productive? That is the question we will explore in this workshop.

You will learn more about your personal conflict style and what you can do to respond more constructively to conflicts. You will learn to listen to other people on a level of interests and needs as well as to their positions. And you will learn how you can bridge differences both within yourself and with other people. But don’t expect to sit back and listen!

This workshop will be highly interactive and you might even find yourself in a conflict.
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
LIFECRAFTING
HOW TO SET GOALS, GET SHIT DONE AND CREATE
POSITIVE MOMENTUM

13:00-14:30 Science Park EN

Do you have a dream for the (near) future? Where do you want to be in 5 years time? Do you ever think about that?

In this masterclass your are going to explore personal drives and values and formulate a mission statement. Translate vague and undefined desires into concrete goals and desired outcomes. Learn how to organize your time and (team)effort more effectively. Discover how to get traction and build momentum on seemingly insurmountable projects, with a Roadmap set for success.

The central themes of this masterclass, goalsetting and projectmanagement, are pivotal soft skills for any professional. In this hands-on masterclass, you will get tools that can be applied to both personal and professional projects and may well serve you throughout your career. Your host will be Thijs Holkers from Young Guns.

Sign up here
If you want to meditate you can choose from various types of practice, like mindfulness, zen, vipassana... and many others. But what are the specific characteristics of these different traditions? In this workshop, we look at the development of Eastern and Western meditation over the course of history. We will exercise a number of different practices, so you can experience it yourself. This way you can get an impression of what suits you.

During the workshop there is room for questions and exchange. At the end you get tips about groups, apps and websites to practice with the different shapes. Join, participate and experience it! The workshop is supervised by Jacky Limvers, who knows different traditions from her own experience.
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.
You may have come across this on TV or in a circus: aerial acrobatics. The acrobats apply the so-called “tissu” and “hoop” when executing their impressive acts. That’s why it often seems as if this sport can only be practiced by circus artists, which is not true. You can learn this too!

In this fun course you will learn various exciting exercises, as well as become stronger and more flexible. Interested in experiencing the feeling of being ‘airborne’ and not afraid of a challenge? Sign up for this activity!

Please do not wear any clothing with zippers or sharp edges. Also, do not wear any jewelry.

Bring your own towel (obligatory).
Kicksfit is a new and innovative concept developed by the KNVB (Dutch Football Association) where Football and Fitness is combined in challenging and fun workouts for all levels.

**Football Workout, 50% fitness / 50% football (HIIT)**
In this workout you will experience a full body workout and the fun element of playing football. After a fun and interactive warm up your next stop will be a circuit training where we will challenge all muscle groups and of course this happens in combination with football. The next station is more focused on football as we will play a football oriented game. The last 10 minutes of the workout will be a small friendly 6 a side match.

Kicksfit is for all levels and our certified trainers will challenge and guide you every step of the way. Ready to have some fun while working out? Join this great workout at Kicksfit.
Dr. Samefko Ludidi is a nutrition scientist and bestselling author of ‘The Dr Ludidi Method of Intermittent Fasting’. He is a top nutritionist, who works with elite athletes, artists, performers and business executives from all over the world. During the Wellbeing Week, he will speak about the meaning of food:

"Recently someone asked me the question: "doc you always talk about food, never about nutrition; why is that?" The observant young man was right! In recent years I have discovered more and more that 'nutrition' falls short of what we put in our mouths every day. But if it's not nutrition, then, what is food? During my talk, I take you on a journey through the world of fuels and building materials, flavors and more. From a modern scientific and evo-anthropological perspective we unravel the essence of... food!

Sign up for USP

Sign up for online
Sommige keuzes zijn klip en klaar en voelen meteen als de juiste keuze. Maar soms ervaar je juist hoe moeilijk echt kiezen is.
In deze workshop verkennen we het maken van keuzes vanuit het perspectief van zenbeoefening. Waarom is kiezen belangrijk? Wat maakt een keuze tot de goede keuze? Wat maakt kiezen moeilijk? En wanneer is kiezen nu juist gemakkelijk?
We onderzoeken de manieren waarop je kunt oefenen in het maken van de voor jou juiste keuze. Het gaat er daarbij niet zozeer om wat je kiest, maar veel vaker dat je kiest.
Theatre maker and poet Marjolijn van Heemstra shares her explorations of the darkness of the night. In her talk she reveals how we can reconnect to our ‘other half’, contrasting the dominant ‘rat race’ at the time of day to the deep and humbling experience of life at night.

**About 'De Nacht-Wacht'**
The Nacht-Wacht (translation: Night Watch) is a multi-year study, executed by Marjolijn, into the value of night and darkness in a city with far too much light. A project of many forms and one mission: to improve our idea of darkness. Because the night does not only stand for danger, but also for slowing down, connection, peace and space. Things that we can use in this hectic time.
Wil je weten hoe je je concentratie kunt verbeteren, waarom vis je mentale welbevinden verbetert en hoe je slimmer wordt door slaap? Kom dan naar deze interactieve lezing. We gaan in gesprek met aandachtsexpert prof. dr. Stefan van der Stigchel, slaapdokter dr. Jeroen Dudink van het UMC Utrecht en foodexpert dr. Inge van der Wurff. Na een korte pitch van de drie onderzoekers is er ruimte om al je prangende vragen te stellen en vol nieuwe inzichten naar huis te gaan of na te praten in de Parnassos Bar. Deze lezing is het vervolg op de webinarreeks Lekker Studeren: Where Science Meets Students.
WELLBEING THROUGH THE YEAR

Did you know that Utrecht University does not just offer the Wellbeing Week twice a year? We organize many initiates throughout the year that focus on your health, vitality and wellbeing.

Let's Talk offers many forms of conversations, such as Bright Conversation, Walk, Reflect, Act and Chat Anonymously. But you can also join Good Mourning if you are struggling with grief or get assistance from the Online Coaching Center.

Learn more about Let's Talk

Do you feel less like talking and more like doing? Utrecht University also offers many workshops and activities that can help you if you are struggles with your studies or personal issues, or simply need a distraction from daily life. Come to an Energy Management workshop to discover what gives you energy. Or join a Tackle Stress workshop to reduce your stress levels.

Workshops and activities
Het Monument voor de Vergeten Mens is een interdisciplinaire multimedia installatie die dient als herinnering aan de mensen die wij als samenleving dreigen te vergeten. Dat doen we misschien niet expres, maar we moeten er in ieder geval naar streven dat het niet gebeurt. Op Het Monument wordt De Stad van de Vergeten Mens bewaard.

De Stad van de Vergeten Mens is een online videogame die kan worden gespeeld op je computer, telefoon of tablet. Breng een bezoek aan Het Monument in de Botanische Tuinen en speel de game samen met de makers en ontdek de geheimen van de Stad van de Vergeten Mens.
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, given by Elma Zijderveld, 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.
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 PERMAmodel.

Throughout the workshop/interactive lecture you will be challenged by the instructor, Rutger Scholtens, 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.
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. The lecture will be hosted by Jeroen Benjamins.
De workshop Stem- en Presentatie Coaching is voor iedereen die zijn spreekstem beter wil leren kennen en gebruiken. We nemen eventuele stemproblemen onder de loep en je leert je beter te presenteren in bijvoorbeeld werksituaties. Het accent ligt op goed technisch stemgebruik, inleving en echtheid. We houden ons bezig met ontspanning, goede ademhaling, koppeling adem-stem, articulatie, helderheid, volume, intonatie en overtuiging. Een leuke en leerzame workshop voor iedereen die beter wil leren spreken in het openbaar.
A day planner brimming with tasks and responsibilities. The feeling of having too much to do in too little time. How familiar does that sound? How do you ensure that your efforts are effectively and efficiently directed while at the same maintaining your well-being?

In this workshop, hosted by Tirsa de Vries, you’ll explore a number of models and insights regarding time management. These will help you organise and prioritise your tasks. We will distinguish between urgent and important tasks and practice the ‘Getting Things Done’ method. We will also examine which style of working is best for you, so that you may enjoy all of its benefits and will be able to avoid (many of) the pitfalls.

This interactive training will help you work in a more focused manner and reduce your stress levels into the bargain. Conscious and effective!
Stand Up Paddling (SUP) is wildly popular and currently the fastest growing water sport. This makes a lot of sense as it is lots of fun, relaxing, easy to learn and involves a complete body workout. When you practise SUP, you stand on a large surfboard and battle the water by applying a large paddle. It is a challenging balancing act that will require you to continuously flex your stomach, buttock and leg muscles.

You are recommended to wear a lightweight, fast drying and comfortable outfit. Preferably including water shoes or some old trainers that are okay to become wet. You can also go barefoot but this will make you vulnerable to getting hurt, e.g. when you fall in the water and touch anything sharp.
Je hoeft toch niet te ‘leren liefhebben’? Als je de goede persoon tegenkomt, gaat alles vanzelf … Toch blijkt je partner altijd “een gebruiksaanwijzing” te hebben. En zij zelf misschien ook wel……. Je partner willen veranderen werkt niet. En bij een volgende partner kom je ook jezelf weer tegen. De enige conclusie kan zijn: het begint bij jou zelf. Wat kun je doen?

Alle grote spirituele tradities (én de positieve psychologie) bieden hier handvatten en tips voor. Je relatie kan een sadhana worden, zoals dat heet in het boeddhisme: niet alleen maar een manier om het zo fijn mogelijk te hebben, eerder een kans om je innerlijk te ontwikkelen. Het belangrijkste is dat je niet leeft als ‘een stuitbal’: op en neer gekaatst in patronen die altijd hetzelfde zijn. Spiritualiteit betekent dat je vrij leeft en niet op de automatische piloot. Humor is daar ook belangrijk bij. Verder gaan we in op conflicten, oude pijn, vergeving en seks.
Do you ever feel you are losing more energy than gaining? Do you tend to postpone or even ignore certain situations and people? Are you often wondering why some things go smoother than others? Do you wish to feel more balanced, with more energy and a big smile on your face? Welcome to the workshop “Finding your core-position”. You will learn more about yourself in relation to others, your effect on others and each other, by reflecting on your (unconscious) dominant position, both physically and mentally, in certain situations. You will discover if you are more attached, detached or in contact position and why. And of course what implications this has on your level of energy, motivation and communication. Last but no least you will find ways to deal with this in a better way.

This workshop is about experimenting. Of course there will be talking and theory involved. But do expect to work, both physically and mentally. See you there!
What Your Therapist Does(N't) Tell You

Have you or someone you know ever been to therapy? Are you curious on how health-care professional deal with mental-health adversities themselves? Wait, has my therapist been in therapy too?! (And if so, did they do their homework?)

Come join us at Parnassos for an intimate and curious conversation with psychotherapists and psychologists in training, who will share their academic, professional and lived-experiences of loneliness, grief, social anxiety and many more health struggles.

You are invited to ask any and all questions you may have either “live” or anonymous via the sign-up form. We hope to make this a learning experience for guest and speakers alike and work towards more (transparency about) mental health at the UU. Ps: the first 60 people to arrive get a free beverage!
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?

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.

Wearing comfortable clothes is recommended.
On the 11th of May the lgbtq+ student association U.H.S.V. Anteros organises a pink walk. This walk is a tour through the beautiful city center in Utrecht. At various relevant spots to the lgbt+ community in Utrecht we make a stop to discuss the history of that spot. The tour will take about an hour. So do you want to come outside after a long day of studying and join us on this beautiful walk under the guise of 'taking a walk for my mental health'? Sign up for the lgbtq+ history tour of Anteros!

The same night at 21.00 we organise drinks at café BodyTalk, feel welcome to join us there too!
Stand Up Paddling (SUP) is wildly popular and currently the fastest growing water sport. This makes a lot of sense as it is lots of fun, relaxing, easy to learn and involves a complete body workout. When you practise SUP, you stand on a large surfboard and battle the water by applying a large paddle. It is a challenging balancing act that will require you to continuously flex your stomach, buttock and leg muscles.

You are recommended to wear a lightweight, fast drying and comfortable outfit. Preferably including water shoes or some old trainers that are okay to become wet. You can also go barefoot but this will make you vulnerable to getting hurt, e.g. when you fall in the water and touch anything sharp.

Sign up here
In the documentary Mijn Seks is Stuk (translation: My Sex Is Broken), filmmaker Lize Korpershoek investigates why her sex drive always disappears after the first crush in her relationships. Is love tenable without sex? And why do we think sex is so important? Through a personal quest, Lize explores female sexuality, what the origin of her problem is, whether it is a problem at all and whether her sex can be made 'whole' again.

Origin: The Netherlands
Directed by: Lize Korpershoek and Willem Timmers
Starring: Lize Korpershoek, Tim Hofman
Duration: 34 minutes
There's a theory that we should be born with a share of alcohol in our blood. That modest intoxication opens our minds to the world around us, diminishing our problems and increasing our creativity. Heartened by that theory, Martin and three of his friends, all tired high school teachers, embark on an experiment to uphold a constant level of intoxication throughout the workday. Another Round (Danish: Druk, "binge drinking") is a 2020 black comedy-drama film and won the Oscar for Best International Film in 2021.

*Origin: Denmark*
*Directed by: Thomas Vinterberg*
*Starring: Mads Mikkelsen, Thomas Bo Larsen*
*Duration: 117 minutes*

Interesse? Dat is niet gek, want veel mensen willen graag gelukkig zijn. Hoe je dat organiseert in je dagelijkse doen, op je werk of privé is de vraag. Daar gaat deze workshop over. Vanuit de pijlers plezier, ervaren, samen, overgave en vertrouwen gaan we geluk onder de loep nemen.

Mike en Paul nemen je mee in de wereld van geluk op een praktische manier met uitleg, ervaring en acties naar de toekomst. Ze zijn chief happiness officiers voor de minor 'Project van je Leven'. Hun taak: het geluk van collega's en deelnemers in de gaten houden en bevorderen. Hun belangrijkste inzicht tot nu toe: dat deze serieuze taak met een lach gedaan dient te worden.
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 you will experience how yin yoga can benefit your body and mind and help you tap into the more yin qualities.

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. Also 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. Mats and blocks are available. You are welcome regardless of experience! And remember: most reasons to not do yoga, are reasons to do yoga.

SIGN UP HERE
How does your body affect your state of being? How can you influence your state of mind by using your body? Let's go on a walk through the Botanic Gardens and experience how body and mind influence each other! While walking you will experience how you can influence your state of mind by just changing your posture. After the walk we reflect on how you can use the new insights from your body to influence your state of mind in any other situation in your life.
Leer botanische tekenen in het Parnassos CultUUr Café in Utrecht! In deze workshop leer je naar bloemen en planten te kijken en hoe je deze kunt overbrengen op papier.

Deze activiteit geeft je de mogelijkheid om even te ontspannen en je gedachten alleen bij het tekenen en schilderen te leggen. De workshop wordt georganiseerd in samenwerking met Parnassos en het platform Onbeperkt Studeren en is dan ook geschikt voor studenten met een functiebeperking. Dit geldt voor zowel psychische als lichamelijke functiebeperkingen.
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, hosted by Rutger Scholtens, 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?

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.
We get to work on what are mental problems, how do you recognize them, how do you talk to each other and what can you do for the other and for yourself.

You learn to recognize signals of mental problems. You practice how you can start a conversation with someone in whom you suspect mental problems and how you can act when someone is in a crisis. With the knowledge and skills you learn in the workshop, you can really make a difference in the life of someone who is having a difficult time mentally. It's about the first help you can give to others around you and, of course, to yourself.
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.


In deze interactieve lezing deelt psychologe en ervaringsdeskundige Eva de Jager (29) haar verhaal. Ook zij kreeg een burn-out en deelt haar ervaring om jou meer bewust te maken van jouzelf, jouw lichaam, jouw leefstijl, en de verwachtingen van jezelf en van buitenaf. Na deze interactieve lezing heb je een goed beeld van wat stress is en hoe een burn-out kan ontstaan. We zullen oefeningen doen om meer bewust te worden van onszelf en ons lichaam. En er is ruimte om vragen te stellen en samen over dit belangrijke onderwerp te praten.
Are you a go-getter looking for a challenge? Survival run may be a sport for you! Its combination of running and dealing with obstacles makes it a versatile endurance sport. The course comprises a maximum of 20 participants and takes place at the Olympos track. During the course, you will learn more about what survival really is all about as well as the basic techniques. This means you will focus on running, strength training and survival techniques.
Studying, a part-time job, board work, sports, social activities... a full schedule and felt pressure on performance sometimes leave little opportunity to unstring. But also being more on your own due to Corona, insecurities or other things that you worry about can cause stress. If there is too much stress and tension for too long, it becomes increasingly difficult to relax. This can lead to high stress levels, which is unpleasant and unhealthy.

In this training you will get information and tools to tackle your stress and/or prevent high levels of stress. We’ll pay attention to how stress arises, how you can recognize its symptoms and how you can deal with it. We explore what is relaxing for you and what helps you to actually put that in practice.
What would be your vision of a beautiful world? During this creative painting session, you’re going to visualize your vision of the world and hopes for the future. Nowadays, we are being constantly reminded of the issues the Earth is facing, such as biodiversity loss and the sixth mass extinction, plastic pollution in the ocean, mass deforestation and the unprecedented impacts of climate change. We are growing far from nature, and this is being reflected on how the Earth is changing.

In this session, this scary and often hopeless vision will be recognized. But we also want to provide a space for all of us to create a healthier, abundant and prosperous world. Paint brush in hand! The goal is to get our hands, spirit and brain to express the artistic side you’ve been craving!
Are you a go-getter looking for a challenge? Survival run may be a sport for you! Its combination of running and dealing with obstacles makes it a versatile endurance sport. The course comprises a maximum of 20 participants and takes place at the Olympos track. During the course, you will learn more about what survival really is all about as well as the basic techniques. This means you will focus on running, strength training and survival techniques.
Would you like to learn to meditate or meditate together with other students? 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.
Kicksfit is a new and innovative concept developed by the KNVB (Dutch Football Association) where Football and Fitness is combined in challenging and fun workouts for all levels.

**Football Workout, 50% fitness / 50% football (HIIT)**
In this workout you will experience a full body workout and the fun element of playing football. After a fun and interactive warm up your next stop will be a circuit training where we will challenge all muscle groups and of course this happens in combination with football. The next station is more focused on football as we will play a football oriented game. The last 10 minutes of the workout will be a small friendly 6 a side match.

Kicksfit is for all levels and our certified trainers will challenge and guide you every step of the way. Ready to have some fun while working out? Join this great workout at Kicksfit.
Welzijn, en vooral studentenwelzijn, is hot topic de laatste maanden. Prestatiedruk, financiële druk, een oververhitte huizenmark en de pandemie zijn enkele factoren die het mentale en fysieke welzijn van studenten flink hebben aangetast.

Tijdens de Wellbeing Week wil de Universiteit Utrecht niet alleen maar zenden, maar ook luisteren. Het Welzijnsdebat geeft studenten de gelegenheid om over drie stellingen met betrekking tot welzijn te discusseren. Dit debat wordt georganiseerd samen met de Universiteitsraad en Student & Starter.

Heb jij een brandende stelling, vraag of onderwerp die niet mag ontbreken tijdens het debat? Geef je op en zet jouw stelling in het formulier.
NEED HELP?

Start

Is my question education related?

It's about...

More specifically...

Faculty Student Desk

Tutor

Study track and development

More specifically...

Is it related to studying?

SwL (Studying Without Limitations)

Study Advisor

Study progress, personal problems and challenges

More specifically...

Is it related to (mental) health, wellbeing or development?

Student Mentor

Study and student life

YES

Student Services

Admission, enrollment and more...

Study choice

Study Choice Advisor

Study or personal life struggles

Student Psychologist

E-health programs

Caring Universities

Wellbeing support, activities and events

Student Wellbeing

I GUESS...

More specifically...

Skills Lab

Academic study and writing

More specifically...

It's about...

Career Services

Job market

More specifically...

Career Services

Formal complaints

Inappropriate behavior at UU

Confidential Advisor for Inappropriate Behaviour

Confidential Advisor for Inappropriate Behaviour

Complaints Coordinator

GP (General Practitioner)

Legal and financial matters

Student Counsellor

Utrecht University

More information
Maybe we have never been as free as we are right now. Free to do what feels right. But in between all the possibility and new adventures, a sense of restlessness can creep up on us. Why do we always want something new?

In this Bloeiklas (translation: flourishing class) we offer ideas and exercises on how you can find a better balance between being open to new things on the one hand and to root deeply into some things on the other. You will learn about dealing with FOMO and how to build stronger connections. Freedom and commitment.

With sociologist Zygmunt Bauman we discover the importance of stability in a world in which everything has become fluid. We dive into the extremes of a 'directionless tourist' and a 'boring stranger' in search of a happy equilibrium. So you are not continuously distracted by something new, but can focus on what really matters to you.
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 in one of our three ice baths. And perhaps even enjoy the cold!

Bring your swimsuit and warm clothes!

FRIDAY MAY 13

Sign up here
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 people 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.

After the lesson, you should be aware of fundamental self-defense techniques learned in class, as well as having gained a bit more confidence in yourself when faced with any kind of stressful/dangerous situations. No previous experience needed!
Wist je dat Nederlandse studenten in 2021 een gemiddelde studieschuld hadden van ruim 15.000 euro? Veel studenten hebben moeite met rondkomen en maken zich zorgen over geld. Door weinig reserves bouw je gemakkelijk achterstanden en schulden op. Dit veroorzaakt stress waardoor je helemaal vast kunt lopen. In deze workshop leer je meer over de effecten van schulden en wat je nodig hebt om verder te komen. Ook leer je meer over de verschillende soorten hulp die je hierbij kunt krijgen en hoe we vanuit de gemeente Utrecht te werk gaan.

Ken je iemand met schulden of heb je zelf schulden? Ben je benieuwd naar hoe schulden iemands leven kunnen beïnvloeden? Geef je dan op voor deze workshop.
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. And good to know: Humor is not required.
Ben jij nieuwsgierig hoe je meer grip krijgt op je geluksgevoel, kom dan gezellig brunchen bij het GeluksCafé in het Parnassos CultUUr Café. Vrijdag de 13e is misschien wel dé perfecte dag om bezig te zijn met de invloed die jij hebt op je geluk. Tijdens het GeluksCafé gaan we in op vragen als: 'Wat is geluk?' of 'Moet ik me altijd gelukkig voelen?' We maken kennis met verschillende geluksgewoonten, aan de hand van leuke oefeningen en door met elkaar in gesprek te gaan. Het GeluksCafé is bovendien de ideale plek om nieuwe mensen te ontmoeten en met elkaar te connecten. En dat alles in een prachtige omgeving.

Zorg dat je erbij bent en maak van vrijdag de 13e je geluksdag! Wij verzorgen een lekkere brunch met genoeg koffie om bij te komen na en drukke donderdagavond ;)

Hopelijk tot dan!
When you have come to the realization of what is going on with biodiversity and the climate, it can be a powerful motivation to take action and find your own way to contribute to a livable future. Yet realizing what is going on with the climate crisis is often accompanied by overwhelming feelings such as fear, anger, sadness, powerlessness, among other things. Or you might feel numb or unable to feel anything at all. During this session, we will create a safe space guided by an experienced facilitator in which all feelings - or lack thereof – are welcome. We will go through the four steps of Joanna Macy's ‘The Work That Reconnects’.

You will learn how to make room for what you feel, without being completely taken over by negative emotions. Reconnecting with yourself and others you are then again able to move forward with positive energy.
Good relationships are important for your health, happiness and brain. But a lasting friendship is easier said than done. Through social media platforms we can easily expand our circle of friends within a mouse click. But what is a real friend? In this Bloeiklas (translation: flourishing class) we challenge you through practical exercises, personal reflection and inspirational ideas.

De Kwekerij takes you into the wonderful world of valuable social relationships. We will discuss classic and modern ideas about friendship. From Aristotle to the influence of digitization and social media. You will also look at yourself: what makes you a good friend?

In deze workshop verkennen we het fenomeen perfectionisme vanuit het perspectief van zenbeoefening. Wat doet perfectionisme met jou? Wanneer ervaar je het als een positieve eigenschap en onder welke omstandigheden heb je er juist last van? Hoe kun je hier op een zenvolle manier mee omgaan?

Na het volgen van deze workshop heb je meer inzicht in hoe perfectionisme in jouw leven tot uitdrukking komt en hoe je hier op een gezonde manier mee om kunt gaan.
Wanneer je echt onder ogen hebt gezien wat er aan de hand is met de biodiversiteit en het klimaat kan dat een krachtige motivatie zijn om in actie te komen en op jouw manier een bijdrage te leveren aan een leefbare toekomst. Maar onder ogen zien wat er aan de hand is gaat ook vaak gepaard met overweldigende gevoelens als angst, woede, verdriet, machteloosheid, et cetera. Of je voelt je juist verdoofd en niet echt in staat om te voelen. Tijdens deze sessie creëren we onder begeleiding van een ervaren facilitator een safe space waarin alle gevoelens - of het ontbreken ervan - er mogen zijn. We doorlopen de vier stappen uit ‘The Work That Reconnects’ van Joanna Macy.

Je leert hoe je ruimte kunt maken voor wat je voelt, zonder dat je volledig wordt overgenomen door negatieve emoties. Zodat je vanuit verbinding en met positieve energie weer in beweging kunt komen.