The eighth edition of the Wellbeing Week is here!

Welcome to the programme booklet of the eighth edition of the UU Wellbeing Week! Different from previous editions, we chose to make the Wellbeing Week two weeks instead of the usual one week this upcoming November. This decision allowed for more space in between activities and thus more opportunity to join multiple events.

Just like other editions, we carefully selected all activities to reflect all forms of wellbeing. We hope you will find the programme inspiring and will enjoy the activities! See you in November!

Team Wellbeing Week
*Sofia, Hannah and Michelle*
Student Wellbeing is more than the Wellbeing Week

By Tirza Wildeboer

Utrecht University believes it is important to discuss your vitality and well-being in different ways and at different times, so that it always suits your personal needs. This way, you don’t have to wait for the Wellbeing Week to start working on your well-being or personal development.

Various activities, weekly workshops and multiple coaching opportunities are offered throughout the academic year. For example:

- Meditation Lab, a weekly initiative
- Workshops on energy, stress and resilience
- Coaching sessions such as Bright Conversations or individual walking coaching
- Group sessions such as Good Mourning and Meet my Loneliness.
- E-health modules by Caring Universities

Hope to see you at one of our initiatives!

Tirza Wildeboer is project leader Student Wellbeing at Utrecht University. She is in charge of projects such as the Wellbeing Week and the Student Wellbeing action plan, among other tasks.
<table>
<thead>
<tr>
<th>Monday, 21 November</th>
<th>Tuesday, 22 November</th>
<th>Wednesday, 23 November</th>
<th>Thursday, 24 November</th>
<th>Friday, 25 November</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Morning Yoga</strong> 10:00 - 11:00</td>
<td><strong>How to study effectively</strong> 10:00 - 11:00 Online</td>
<td><strong>How to get and stay motivated</strong> 10:00 - 11:00 Online</td>
<td><strong>Botanical Illustration</strong> 10:00 - 11:30 Parnassos</td>
<td><strong>Getting a Grip on Time</strong> 10:00 - 11:00 Online</td>
</tr>
<tr>
<td><strong>Afro Dance</strong> 10:30 - 12:00 Parnassos</td>
<td><strong>Poëzie</strong> 10:00 - 12:00 Parnassos</td>
<td><strong>How to synchronize your menstrual cycle</strong> 11:00 - 12:00 Botanical Gardens</td>
<td><strong>Yin Yoga</strong> 10:30 - 11:45 Botanical Gardens</td>
<td></td>
</tr>
<tr>
<td><strong>Escape Tour Utrecht</strong> 11:00 - 13:00 The Vagant</td>
<td><strong>Beating Procrastination</strong> 13:00 - 15:00 Parnassos</td>
<td><strong>Energy Management</strong> 13:00 - 17:00 Parnassos</td>
<td><strong>Printing Techniques</strong> 14:00 - 16:00 Parnassos</td>
<td></td>
</tr>
<tr>
<td><strong>Podcast opname ‘Zijn studenten wel?’</strong> 12:30 - 13:30 Janskerk</td>
<td><strong>Autonoom zijn in relaties</strong> 13:30 - 15:30 Botanical Gardens</td>
<td><strong>Safe Space for Eco-Anxiety</strong> 14:00 - 15:30 Botanical Gardens</td>
<td><strong>Tote Bag Designing</strong> 13:00 - 15:30 Botanical Gardens</td>
<td></td>
</tr>
<tr>
<td><strong>Choices ahead? No stress!</strong> 13:30 - 15:30 Botanical Gardens</td>
<td><strong>Aikido</strong> 15:00 - 16:30 Olympos</td>
<td><strong>MeditationLab</strong> 17:15 - 18:00 Ruppert Building</td>
<td><strong>Rocycle</strong> 18:00 - 19:00 Kaatstraat 59</td>
<td></td>
</tr>
<tr>
<td><strong>Drugs that alter your mind</strong> 14:30 - 16:00 Janskerk</td>
<td><strong>Romantic Attachments in Young Adulthood</strong> 16:00 - 17:00 The Vagant</td>
<td><strong>HYROX</strong> 16:00 - 17:30 Olympos</td>
<td><strong>Mindful Mornings Challenge</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Running Clinic</strong> 15:15 - 16:45 Wilhelminapark</td>
<td><strong>Moeiteloos gelukkig zijn sessie I</strong> 15:15 - 17:15 Parnassos</td>
<td><strong>Moeiteloos gelukkig zin sessie I</strong> 15:15 - 17:15 Parnassos</td>
<td><strong>Walk, Reflect, Act</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Rocycle</strong> 19:00 - 20:00 Kaatstraat 59</td>
<td><strong>How to beat temptations that interfere with your goals!</strong> 19:30 - 20:30 UCU</td>
<td><strong>Find Balance with Ikigai</strong> 18:30 - 21:30 Parnassos</td>
<td><strong>Eet Mee / Eating Together</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Sex Ed, Seriously</strong> 19:30 - 21:30 The Vagant</td>
<td><strong>Falen: Ode aan de loser</strong> 20:00 - 21:30 BUNK</td>
<td><strong>Writing and Study Coaching</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td><strong>Ken jezelf - Challenge</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td><strong>Individual Coaching</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Monday</strong> 28 November</td>
<td><strong>Tuesday</strong> 29 November</td>
<td><strong>Wednesday</strong> 30 November</td>
<td><strong>Thursday</strong> 1 December</td>
<td><strong>Friday</strong> 2 December</td>
</tr>
<tr>
<td>------------------------</td>
<td>------------------------</td>
<td>--------------------------</td>
<td>------------------------</td>
<td>---------------------</td>
</tr>
<tr>
<td><strong>What is food: Theory &amp; Practice</strong> 12:30 - 13:30 Parnassos</td>
<td><strong>Positieve Gezondheid</strong> 10:30 - 12:30 Parnassos</td>
<td><strong>De grote alcohol/drugs Q&amp;A</strong> 10:30-11:30 De Vagant</td>
<td><strong>Uit je hoofd, in je lijf</strong> 10:00 - 12:00 Botanical Gardens</td>
<td><strong>Breathwork &amp; Ice Bath</strong> 10:00 - 13:00 Olympos</td>
</tr>
<tr>
<td><strong>Bodytalk</strong> 14:00 - 16:00 Parnassos</td>
<td><strong>Presenting with Confidence</strong> 11:00 - 12:30 Minnaert Building</td>
<td><strong>Wellness Recovery Action Plan</strong> 11:00 - 13:00 Enik Recovery College</td>
<td><strong>Paint your Mood</strong> 15:15 - 16:45 Israelslaan</td>
<td><strong>Connecting with Deep Listening</strong> 11:00 - 12:45 Parnassos</td>
</tr>
<tr>
<td><strong>Het Ervaringscafé</strong> 15:00 - 17:00 Enik Recovery College</td>
<td><strong>Effective Reading Strategies</strong> 16:00 - 17:00 Online</td>
<td><strong>Working Conciously &amp; Effectively</strong> 13:30 - 16:30 The Vagant</td>
<td><strong>Spiritueel Zakboekje voor Professionals</strong> 16:00 - 17:00 The Vagant</td>
<td><strong>Rocycle</strong> 18:00 - 19:00 Kaatstraat 59</td>
</tr>
<tr>
<td><strong>MMA</strong> 16:00 - 17:30 Olympos</td>
<td><strong>Wellness Recovery Action Plan</strong> 11:00 - 13:00 Enik Recovery College</td>
<td><strong>Voice Liberation</strong> 13:15-15:15 Parnassos</td>
<td><strong>Paint your Mood</strong> 15:15 - 16:45 Israelslaan</td>
<td><strong>MeditationLab</strong> 17:15 - 18:00 Ruppert Building</td>
</tr>
<tr>
<td><strong>Durf te denken</strong> 19:00 - 20:30 Parnassos</td>
<td><strong>Burlesque</strong> 15:15 - 16:45 Parnassos</td>
<td><strong>Moeiteloos gelukkig zijn sessie II</strong> 15:15 - 17:15 Parnassos</td>
<td><strong>Paint your Mood</strong> 15:15 - 16:45 Israelslaan</td>
<td><strong>Mental Health Talkshow</strong> 19:30 - 21:00 Parnassos</td>
</tr>
<tr>
<td><strong>College Tour Staatssecretaris Van Ooijen</strong> 20:00 - 21:00 Parnassos</td>
<td><strong>Positive Psychology</strong> 16:00 - 17:00 The Vagant</td>
<td><strong>Moeiteloos gelukkig zijn sessie II</strong> 15:15 - 17:15 Parnassos</td>
<td><strong>Paint your Mood</strong> 15:15 - 16:45 Israelslaan</td>
<td><strong>Movie Night: Falling for Christmas</strong> 21:30 - 23:00 Parnassos</td>
</tr>
</tbody>
</table>

**THIS TABLE IS CLICKABLE**

- **Mindful Mornings Challenge**
- **Bright Conversations**
- **Walk, Reflect, Act**
- **Student Psychologist**
- **Eet Mee / Eating Together**
- **Writing and Study Coaching**
- **Ken jezelf - Challenge**
- **Individual Coaching**
Are you in for building up a meditation routine? To start your days mindfully? This is the opportunity! From November 14th until December 2nd there will be a guided online meditation from 9.00 - 9.15 am during weekdays. For diehards, a link will be provided for the weekends.

These sessions are suitable for both beginners and advanced. We will start with basics and build up slowly. Join the group and also support your fellow students to make meditation a daily habit.

Do you take on the challenge? Jump out of bed and into mindfulness!

Mindful Mornings Challenge
Doe mee aan de Ken jezelf-challenge! In de Ken jezelf-challenge ben jij zelf onderzoeker en onderzoeksobject. Test wat mediteren doet met je gemoed, breng in kaart waar jij zingeving in vindt, of ga in gesprek met chatbot Freud en ontdek welke belangrijke gebeurtenissen jou hebben gevormd.

Hoe goed ken jij jezelf? En wat helpt jou om mentaal gezond te blijven?

Ga snel naar www.sg.uu.nl/challenge
Bright conversation

In a Bright Conversation, you can talk to an experienced facilitator about life situations that are currently playing out or that are difficult/challenging for you. These can include (love) relationships, motivation problems, being sick, loss, loneliness, friendship, family, living, making choices, and questions about the future.

We explore what is going on and look for what is beneficial for you in this situation. Sometimes it’s just discussing your concerns with someone who is a good listener. Sometimes it is about giving meaning or, giving the experiences a place. The university finds it important that you find a listening ear for what is going on in your life.

Did you know?

Utrecht University offers Bright Conversation all year round. So you do not have to wait for the Wellbeing Week to have a conversation with the coaches.

Bright Conversation is brought to you by several coaches attached to Utrecht University. These coaches have various backgrounds, specialities and nationalities.
Walk, Reflect, Act

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.

Did you know?

Utrecht University offers Walk, Reflect, Act all year round. So you do not have to wait for the Wellbeing Week to have a conversation with the coaches.

Walk, Reflect, Act is brought to you by several coaching attached to Utrecht University. These coaches have various backgrounds, specialities and nationalities.
Short screening at the student psychologist

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, we may refer you elsewhere within the university or recommend you consider contacting your General Practitioner to provide you with help that other organisations that are better suited to give you.

Good to know

The short screening will be done through Microsoft teams or at the Utrecht Science Park. The student psychologist you have an appointment with will be in contact with you about the details of your appointment.

Please note: This appointment is not a replacement for a regular intake.

Student psychologists offer short-term help and treatment for study-related or personal problems. They are available for all students at Utrecht University.
Eet Mee (Eating together)

Eating, talking and making fun together with other students you don't know yet? Join Eet Mee (Eat Together)! Sign up for a great dinner experience with other students. You can participate on your own or with others.

You can host a dinner for other students at your home or another location. You can cook together and share the costs or bring your own food. Simply create your profile, choose a date, write a nice invitation and put your dinner online. You can also join as a guest. Create your profile and sign up for one of the dinners in the list.

Good to know

You can organize a dinner at home or join a dinner at someone's home as a guest. To participate, create an account and confirm your email address. You can make your own matches again and again or be matched for a dinner at home or a video dinner.

Eet Mee is a platform for people who like to meet others and enjoy a good conversation during a nice dinner. You can meet a surprising mix of people. From student to retiree, raised here or just new in the Netherlands.
Skills Lab is the gateway to your academic development: we offer you an overview of all workshops, courses and tools within the UU regarding writing, studying and other academic skills.

**Writing coaching**

Do you find it difficult to write an academic text? Skills Lab offers writing coaching: individual counselling that focuses on enhancing your academic writing skills. The writing tutor can help you with things like finding a more efficient approach, sharpening your core message, writing a well-structured text, or improving your (academic) style.

The tutoring will focus on the development of strategies that you can repeatedly use in the planning, writing, and revision stages of your writing assignments.

**Did you know?**

Skills Lab offers not only writing coaching, but also study coaching. They do this the whole year round, so not only during the Wellbeing Week!

**Daily, 09:00-17:00**

**Online or UB**

**SIGN UP HERE**
Study coaching

Do your planned study sessions sometimes go a little differently than you would like? Or would you like to read or prepare for exams more efficiently?

Study coaches from Skills Lab know many strategies and techniques that can help you! During a coaching session you will gain insight into your way of studying and what you could change. This can help to reduce study stress and may even make you enjoy studying more!

Did you know?

Skills Lab offers not only study coaching, but also writing coaching. They do this the whole year around, so not only during the Wellbeing Week!

Skills Lab is the gateway to your academic development: we offer you an overview of all workshops, courses and tools within the UU regarding writing, studying and other academic skills.
Individual Coaching

OCC (Online Coaching Center) coaches will support you in improving your well-being, Happiness, Motivation, engagement, tackling pitfalls, and defining your goals and your strategies. Your coach listens to your story, struggle, success, or your challenge in a nonjudgmental conversation; together you can find more gentle strategies that can be more effective for you. Everybody is welcome.

You are the only game-changer in your life. Ready to start now?

Did you know?

Free individual coaching, both online and campus, is available in 12 languages. You can continue your coaching conversation after WBW with Up to five free conversations of 45 minutes.

OCC (Online Coaching Center) is a social initiative which wants to make coaching available for all students all around the world.
Monday 21 November
Morning Yoga

Yoga literally means ‘union’, a balance of body and mind, a singular awareness. Through the use of dynamic and static exercises we try to 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.

Morning Yoga is brought to you by sports center Olympos. The teacher will be Jane, who is yoga teacher and will also play the handpan.

21 Nov 10:00 – 11:00
Janskerk
SIGN UP HERE
NJR (Nationale Jeugd Raad) Great Minds en Studentenwelzijn Universiteit Utrecht slaan de handen in één om samen een podcast te maken over mentale gezondheid, voor én door studenten.

Podcast opname ‘Zijn studenten wel?’

Maar hoe gaat het nou écht met je? Door en voor UU studenten wordt het onderwerp mentale gezondheid aangesneden, maar hoe doe je dat eigenlijk? Studenten gaan samen met andere studenten en sprekers uit de wellbeing week in gesprek en de luisteraar wordt uitgedaagd om hierin live mee te denken.

In nergens minder dan de Janskerk wordt de podcast live opgenomen. We nodigen jou en interessante sprekers uit om het gesprek aan te gaan over mentale gezondheid in het studentenleven. Op een interactieve manier gaan we samen op zoek naar antwoorden.

21 nov 12:30 – 13:30
Janskerk

SCHRIJF JE IN
Ellen worked in communications and switched to training & coaching in 2017. Thérèse has a background in sales & marketing in both business as NGO sectors and converted to coaching & training a few years back.

Choices ahead? No stress!

Choices, choices...we choose all day long, often unconsciously and on the autopilot. Some choices require more attention and conscious considerations than others; for example choosing your Master's or career path. How will I know the choice I make is right?

This can leave you bogged down in collecting information, procrastinating - causing stress... Sounds familiar?

In an interactive outdoor session (max. 20 people) we will use our surroundings to gain insights into how the process of choice making works for you. What keeps you from making choices? We will explore how you can make your next choice in peace, with confidence and relaxation.

21 Nov 13:30 – 15:30
Botanical Gardens
SIGN UP HERE
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.
Erasmus Student Network (ESN) is a non-profit international student organisation. Our mission is to represent international students, thus providing opportunities for cultural understanding and self-development.

Running Clinic

ESN Utrecht presents the start of two weeks focused on your health and wellbeing by taking your mind off your studies with a running workshop clinic. We have carefully decided on a route that takes you pass most of the parks in Utrecht to highlight some of the escapes that Utrecht provides from your busy daily lives.

Don't forget to wear sports clothes and shoes. ESN will provide some drinks and snacks after the run.

21 Nov 15:15 – 16:45
Wilhelminapark
SIGN UP HERE
Rocycle

Our full body 45-minute workout on a bike is an uplifting experience. Set to candlelight and fuelled by epic beats, our classes are made to give you that natural high. You will train your upper body with light hand weights and handlebar push ups, then finish with head to toe stretching. Our workouts take your mind off everything, as you feel the endorphins running through your veins. In an hour, you will walk out completely revitalized. Our Ro’ride is a fit for Ro’okies and Ro’ckstars alike.

The indoor studios offer everything you could wish for with a private ride: cycling shoes, workout towels on your bike, luxurious, hotel-style towels in the locker rooms, and showers stocked with Zenology's organic care products.
Stay on top of your wellbeing as a first gen student

By Charisma Hehakaya
Based on my experiences of being the first in my family to go to university with social and financial challenges along the way, I would like to share a few pieces of advice for other first-generation students.

Take time to get used to university
I found it difficult to understand how university works and its ‘unwritten rules’. The way of participating in class, the way of speaking or asking questions. It is more a matter of knowing-how than knowing-that. Go to social activities of the university and meet people to exchange experiences, and you might find that you are not alone. You may also face the fact that it is difficult to explain the stress of academia to family members who have never been to university. It can help to share a course assignment or just bring family members to university.

Never compare your journey to others
The real struggles are socially driven and these arise primarily from drawing comparisons with others. I hardly recognised myself in the students around me and figuring out how university works raised many doubts. The education system often feels like it separates students of different abilities. However, be aware that your strengths cannot be captured in one grade. Stop comparing yourself to others by focusing on your strengths and what you have achieved yourself. With good motivation, resilience and perseverance, you will achieve much more in the long run.

Learn to prioritise
I had to learn to prioritise and to create financial security during my first three years of university. This created a lot of pressure and I therefore struggled with spending time and focusing on my studies. There is no one-size-fits-all approach to learn prioritising. It is also completely normal when you feel overwhelmed or do not feel like studying. Make sure you are informed about the course
Stay on top of your wellbeing as a first gen student

Public speaking is also not my first nature and I had trouble with stuttering. That’s why I took language training together with public speaking. I also took a course in academic reading. Such courses help to develop appropriate reading, vocabulary, comprehension and critical reading skills. Some of these courses are freely available on online learning platforms.

Just ask
First-gen students can be grateful for what they have and often don’t know how to ask for more. I waited too long before seeking help or advice. Asking for help can be difficult, so start with the small things. For example, I borrowed textbooks from fellow students and lecturers (win-win: you immediately come across as interested and engaged) and asked for financial advice from the study counsellor. In fact, when you ask questions, you demonstrate that you are proactive and willing to learn.

Take charge and invest in yourself
Your time at university should also be dedicated for personal growth. To find out what you like, but also to find out what you do not like. Dear to try and to make ‘mistakes’; these are lessons and opportunities for your development.

Charisma Hehakaya has master degrees in Clinical Epidemiology, Business Administration in Strategy & Organization and Innovation Sciences in Life & Health. She is currently a PhD student.
Tuesday 22 November
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.
Eva Scherpenisse, better known as Eva Aya Dance, travelled the world, especially Africa, to learn, teach and perform African dance. During her classes, she finds it important to learn to express yourself in dance in addition to learning choreography.

Afro Dance

African Dance: a mix of African dance styles from different continents in Africa. We travel in class from Coupé Décalé (Ivory Coast) to Ndombolo (Congo) to Azonto (Ghana) and much more! Thanks to music video clips and social media, African dance is becoming more and more popular. Beginners and advanced dancers swing to energetic African beats.

You are welcome to learn these dance techniques while we have fun and imagine ourselves in the warm heart of Africa!

Brought to you by Parnassos Cultural Center.

22 Nov 10:30 – 12:00
Parnassos
Escape Tour Utrecht

Escape tour Utrecht is a city game where you take on the challenge in teams to find the secret exit of the city within 2 hours. In advance you get a story about the legend Bishop Willibrord, for which you try to find the secret exit. Using an app, your team will take a walk through the city that will show you new unique places. During the walk you will work together with your team, looking for hints and solving riddles, deciphering clues and answering questions.

22 Nov 11:00 - 13:00

Botanical Gardens

SIGN UP HERE
We all experience procrastination from time to time. When your health or the quality of your work begins to suffer, it's time to take action! The goal of this workshop is to make your life a little bit easier by exploring your own reasons for procrastinating and how to deal with it.

You will leave the workshop with a guide for recognizing your own stress-signals, reasons for procrastinating and tools for handling your own procrastination. You will also learn how to look at stress in a constructive and helping way. This will be your first step towards beating procrastination!
Autonoom zijn in (liefdes)relaties

Verbonden zijn met een ander brengt vaak geluk en vervulling met zich mee. Het is een van onze basisbehoeften. Soms is het lastig om daarbij jezelf te blijven en er ook voor te gaan staan. In deze workshop onderzoeken we hoe dat werkt in gelijkwaardige relaties, zoals tussen geliefden en in vriendschappen. Hoe ontdek je wat JIJ wilt? En hoe communiceer je dat? Hoe stel je grenzen?

We gebruiken modellen uit Transactionele Analyse en Geweldloze Communicatie om inzichten te krijgen en mee te oefenen. Deze workshop is interactief; je werkt met voorbeelden uit je eigen leven. Voor mensen met en zonder (liefdes)relatie!

22 nov 13:30 - 15:30
Botanische Tuinen
SCHRIJF JE IN
Aikido

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.

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. Will you join us in this path of discovery?

The instructor of this workshop is Yo-Yi Pat. She has been an aikido practitioner since 2006. Even after all these years, the martial art still brings her insight, wisdom and joy.
Do you struggle to commit to relationships or maybe find that you become too dependent on your partner? Attachment forms the foundation of psychological health and relationships. The security of your relationships with significant others in your formative years influences your approach to, and experience of, romantic relationships in adulthood.

In this lecture, we will consider how attachment influences romantic relationships, typical ways different attachment styles cope or defend in romantic relationships, the mediating role of self-esteem on romantic attachments and quality of life, ask whose ‘stuff’ it is anyway, consider what techniques are helpful for you and what support is available if needed.

Renate Gericke (Ph.D.) heralds from sunny South Africa where she practiced as a clinical psychologist for 20 years and trained clinical psychology masters students at the University of the Witwatersrand for 14 years.
Dr. Jason Gawke is assistant professor at Utrecht University and is the founder of the CES award winning company WorkBoost. WorkBoost introduced a unique method of rapid Knowledge, Skill, and Ability (KSA) development via altering and creating good working habits.

How to beat temptations that interfere with your goals!

In this workshop we are going to tackle the interesting topic of “How to beat temptations to meet goals”. We will be covering the concepts of nudging and boosting and how you can use the principles of these concepts in your advantage to reach goals.

22 Nov 19:30 – 20:30

UCU

SIGN UP HERE
Eva Bus & Deva Duveen from LOEF are both psychologists with a speciality in sexology. Pleasure, enjoyment, science, timeliness and openness are key in LOEF lessons.

Sex Ed, seriously.

Enter the passionate world of LOEF (@loefles) in this two hour evening session

Lowkey information and conversation about personal pleasure, Neuckenindekeuken, intimacy, exploration and everything else you might have been missing out on.
Expect laughs, drinks, ‘gezelligheid’, creative questions, open discussion, comfortable awkwardness and the possibility to ask everything you can think of.

Nothing is mandatory, everything and everyone is welcome.

#backtobetter
Powered by NPO
Wednesday 23 November
You’re staring out of the window with your laptop open. Once again you are expected to study and you really do want to get things done, but somehow you seem unable to find the motivation to get started and keep going.

The good news is that motivating yourself is a skill, and skills can be learned, just like riding a bike and playing an instrument. The other side of it: you will ‘fall of your bike, bruising your knee’ trying to motivate yourself. But you will have success, if you practice. During this webinar you will learn how motivation works and you will get practical insights that can help you get your study back on track. Especially when the subject does not interest you, when the teacher is not a very gifted teacher or when you have an ‘off-day’.

My name is Karin Smit. I am an educational trainer and consultant at the Utrecht University. My area of expertise and interest is in motivation and self-regulation of motivation.
Annet Bremen studeerde eerst Nederlands, maar vond de taal uiteindelijk toch te mooi om alleen maar te bekijken vanaf die kant. Daarom koos ze, na het behalen van haar bachelor, voor de schrijfopleiding aan de Hogeschool voor de Kunsten in Utrecht. Ze schrijft theater, audio en soms poëzie.

Poëzie

Over alles kun je dichten, of het nou jonge sla is of een after party. Maar ook, over een moment: over een afscheid, een verandering, of de zomer die voor de deur staat. Passend bij de gelegenheid lezen we poëzie om ons te laten inspireren en gaan we op zoek naar de ideeën en beelden die in jezelf huizen. Uiteindelijk ga je naar huis met tips, tricks én een eigen gedicht.

Aangeboden door Parnassos Cultureel Centrum.

23 nov 10:00 - 12:00

Parnassos

SCHRIJF JE IN
Parnassos

The workshops Poëzie, Botanical Illustration, Burlesque, Voice Liberation and Afro Dance are offered to you by Parnassos Cultural Center.

**What is Parnassos?**
Parnassos is the cultural centre of Utrecht University. At Parnassos you can attend courses and workshops, visit concerts and use the facilities that Parnassos offers. Parnassos is open to students and staff of participating institutions for higher education.

Discount for students and staff
Students and staff of the following participating institutions will enjoy a discount when joining Parnassos: Utrecht University, Hogeschool voor de Kunsten Utrecht and Universitair Medisch Centrum Utrecht.
To what extent do you monitor your energy levels during the day and plan your activities accordingly? An active or passive break if necessary? Or do you recognize the tendency to continue working at the expense of proper breaks? The fact is that the harder we work, the less likely we are able to observe how we are doing. Or, more importantly, what we really need. If you are eager to discover how to manage your energy levels, perhaps the workshop ‘Energy Management’ is something for you!

After this workshop you will have a better understanding of your own energy patterns. You are better able to observe and act on your physical, emotional and mental states. As a result you will experience more flow, less drain and a better work-rest balance.

23 Nov 13:00 – 17:00
Parnassos
SIGN UP HERE

In Rutger-Jan Scholtens' work, connection and personal growth are central; by helping others develop, he develops himself. As a trainer/coach, he strives to inspire and activate students and young professionals.
The session facilitator, Manu Busschots, is an experienced trainer and mental coach and has specialized in climate psychology and initiated Klimaatgesprekken.

Safe Space for Eco-Anxiety

Learning about the state of biodiversity and the climate can be a powerful motivation to find your way to contribute to a livable future. This knowledge is however often accompanied by overwhelming feelings such as fear, anger, sadness, powerlessness, et cetera. Or you might feel numb.

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’. Reconnecting with yourself and others, you are then again able to move forward with energy.

This workshop is brought to you by the Green Office.

23 nov 14:00 – 15:30
Botanical Garden
SIGN UP HERE
Marlie van de Kerkhof & Nynke Okma begeleiden mensen als trainer en coach bij hun bewustzijnsontwikkeling, waarbij ze werken vanuit een combinatie van non-duale spiritualiteit en psychologie. Voor meer informatie zie www.artoflife.nl.

Moeiteloos gelukkig zijn

We hebben het idee dat geluk buiten onszelf te vinden is en we van alles moeten doen om het te bereiken. Goede studieresultaten, een succesvolle en betekenisvolle baan, een fijne relatie, zelfontwikkeling, etc.. Een hele zoektocht waarbij je van alles moet doen om ooit echt gelukkig te zijn.

In deze workshop ontdek je dat het vinden van geluk vraagt om een ommekker. We onderzoeken hoe we geluk zoeken buiten onszelf. Vervolgens keren we naar binnen en ontdek je dat hetgeen waarnaar je zocht al aanwezig is. Je ervaart hoe je kunt rusten in datgene wat jij bent; moeiteloos gelukkig zijn.

Let op: deze workshop bestaat uit twee sessies. De tweede sessie vindt plaats op 30 november.

23 + 30 nov 15:15 - 17:15
Parnassos
SCHRIJF JE IN
Do you ever reflect on what makes you happy? Or what the world needs and how you can contribute to that? Or how you can earn your money in a meaningful way, while also doing what you are good at? During the workshop 'Find your Ikigai' you will search for your Ikigai: your sources of meaning.

After this workshop you will have a better understanding of what makes your life meaningful. You will be better able to experience and explain what drives you in life. This will give you both direction and energy/inspiration. With your increased self-awareness it becomes easier to make a decision and make a next step.
Studium Generale organiseert lezingen, talkshows & interviews over wetenschap en maatschappij. Iedereen is welkom en toegang is gratis.

Falen: Ode aan de loser

Hoe kunnen we beter leren falen? Talkshow over perfectionisme, hoge verwachtingen en omgaan met tegenslag. Psychiater prof. Damiaan Denys (UvA) brengt een ode aan falen, psycholoog Marijntje Zeijen (UU) analyseert prestatiedrang en ontwikkelingspsycholoog dr. Odilia Laceulle (UU) laat zien hoe je persoonlijkheid en omgeving jou maken tot wie je bent. Met muziek van Utrechtse muzikant Cézanne.

Vooraf een hapje eten? Reserveer een tafel bij BUNK.

Let op: Je hoeft je voor deze activiteit niet in te schrijven, kom gezellig binnenlopen!
Thursday 24 November
Mathea Westerveld is an illustrator and teacher of drawing and illustration. In 2017, she founded her company Lieverlee. With it, she organises creative workshops at green locations in and around Utrecht and illustrates on commission.

Botanical Illustration

In this workshop, you will create botanical illustrations inspired by the old botanical drawings that are popular at the moment. Get inspired by special flowers and plants. By looking closely at the unique shapes, structures and colours, you will improve your drawing skills. You will learn how to draw powerful shapes and lines, the right proportions and shadows. Relax with an hour of creative activity.

Brought to you by Parnassos Cultural Center.

24 nov 10:00 - 11:30
Parnassos
SIGN UP HERE
As a women's health expert, Eva Luna coaches women to ensure that their bodies can be used as an essential tool to feel good. By creating a sustainable lifestyle that is tailormade for you.

How to synchronize your menstrual cycle

If there's one thing you need to know, it's that synching with your cycle maximizes your hormonal superpowers.

During this workshop you will learn all about your menstrual cycle and how you can influence your hormones through lifestyle optimalisation. Topics that will be discussed are:

- What is a healthy cycle?
- The four phases of the menstrual cycle
- The impact of lifestyle
- How to optimize your cycle health
During this workshop you will get acquainted with printing techniques. Under guidance of a professional illustrator you will work on template printing. By cutting out paper templates and printing these with ink you get to create a fun and spontaneous image. You will create your own skyline/city which will eventually be combined in one big group piece.

All the materials will be provided. Experience is not necessary, it is all about experimenting and exploring the technique. During this two-hour workshop, you get to relax while being creative with other students.

#backtobetter
Powered by NPO
Leren Liefhebben

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 jij zelf misschien ook wel…..


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.
My name is Pablo Castellanos and I am the best in what I do! And what I do best is "Health Coaching" & "Sport". I am not talking about gaining weight or losing weight but 'Staying Fit'. I work at Olympos Sport Center.

HYROX

Cardio and strength come together in Hyrox. Hyrox is a mix of running and functional strength exercises. The Hyrox concept is attainable by everyone, but that doesn't mean it's a piece of cake. The workout consists of eight 1-km runs, alternated with functional cardio and strength exercises.

24 Nov 16:00 – 17:00
Kratistos

SIGN UP HERE
Olympos offers multiple workouts this Wellbeing Week, including HYROX, Pole Fitness, MMA, Morning Yoga and Cross Challenge.

About Olympos
Sportcentrum Olympos has extensive and versatile facilities. These are situated at the Utrecht Science Park (De Uithof), which is also home to Utrecht University, HU University of Applied Sciences Utrecht, UMCU, the Hubrecht Institute and other top research institutions, innovative companies and student housing complexes. Together, this mix of science, students, sport and commerce creates a dynamic climate in which to work and study.

Students and employees of Utrecht’s higher education institutions form the primary group Olympos is dedicated to serving. In addition, Olympos welcomes other sports enthusiasts as well!
In the Meditation Lab, students come together to practice in a group. The energy of togetherness can make it a powerful experience. We have a session each week where everyone is welcome, beginners and advanced. You can share experiences and ask questions after each session.

In today's session we will focus on meditating without effort. Instead of doing our best, as we often do in daily life, we let go of attempts and rest in being. In this way we will invite our inherent silence to come forward and we may find deep relaxation.
Na de GGZ zowel als cliënt als in de functie van zorgprofessional te hebben leren kennen, besloten Nicky en Daniëlle deze ervaringen te gebruiken als leidraad voor hun voorstellingen. Met de combinatie van humor en muziektheater nemen ze de GGZ op de hak en geven ze psychische problematiek een plek op het toneel.

Groeten uit de GGZ

‘Groeten uit de GGZ’ is een voorstelling over zweverige therapeuten, de neiging om alles te diagnosticeren, de strijd tegen de chaos in je hoofd en de zoektocht naar wie je bent naast je psychische klachten. Met een serieuze ondertoon wordt de spot gedreven met de GGZ. Muziektheater, humor en eigen ervaring worden gecombineerd om het gesprek over psychische kwetsbaarheid te openen.

Na afloop is er een nagesprek, waarbij ruimte is om op de voorstelling te reageren en om eventuele ervaringen m.b.t de besproken thema's uit te wisselen. Uiteraard is het ook mogelijk om niet aan het nagesprek deel te nemen.

24 nov 20:00 – 21:30
Parnassos
Friday 25 November
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 and relaxation.
Hi! My name is Eva, and I am a yin yoga teacher and a psychologist that works in mental e-health. I consider myself to be a balanced combination of the scientific and the emotional. In my classes I invite people to open up for the best of both worlds.

**Yin Yoga**

Do you want to experience how yin yoga can benefit your body and mind? Yin yoga is a slow-paced form of yoga. We hold poses for 3-5 minutes to enhance psychical and psychological flexibility. Yin yoga holds the perfect space to practice being still and mindful. Take this time off to turn inwards, unwind, and nourish yourself with some relaxation!

Make sure to wear warm and comfortable clothes or a blanket. Bring your own mat if possible. The available mats and blocks are limited.

You are welcome regardless of experience! And remember: most reasons to not do yoga, are reasons to do yoga.
Tote Bag Designing

Being creative is healthy for the mind!

As part of the Student Wellbeing Week, Uni-Life invites you to design your own tote bag! Make the most fashionable, expressive, and truly amazing tote by drawing on it yourself!

Participants will be given a tote bag and provided with all sorts of artistic materials (brushes, paints, glitter, etc). They will be invited to design and decorate their tote with memories from their time at UU, favorite fictional characters, and whatever else their heart desires!

📅 25 Nov 13:00 – 15:30
📍 Botanical Gardens 🇬🇧
_embeddings:SIGN UP HERE
Founded in 2015 in Amsterdam, Rocycle is meant for everyone. In a dark candlelit studio to high-energy music, we ride out of our heads and into the rhythm. During the workouts by our ace instructors, riders are thrown back to themselves. Into their being, their strength and outside of their boundaries.

Rocycle

Our full body 45-minute workout on a bike is an uplifting experience. Set to candlelight and fuelled by epic beats, our classes are made to give you that natural high. You will train your upper body with light hand weights and handlebar push ups, then finish with head to toe stretching. Our workouts take your mind off everything, as you feel the endorphins running through your veins. In an hour, you will walk out completely revitalized. Our Ro’ride is a fit for Ro’okies and Ro’ckstars alike.

The indoor studios offer everything you could wish for with a private ride: cycling shoes, workout towels on your bike, luxurious, hotel-style towels in the locker rooms, and showers stocked with Zenology’s organic care products.

**25 Nov 18:00–19:00**

**Kaatstraat 59**

**SIGN UP HERE**
Monday 28 November
Fasting is a centuries-old ritual that finds its relevance in today's urgent need for a solution to tackle lifestyle-related diseases. Within the historical context, one could easily say that the power of fasting is because it cleanses both body and mind, and it was not until recently, that we discovered how this exactly works from a scientific point of view. The challenge is to translate that into something very tangible and to come up with a long-term solution.

Intermittent Fasting: Theory & Practice

Dr. Samefko Ludidi (Dutch – South-African, 1985) is a renowned nutrition scientist, bestselling author and private coach. On his journey to translate knowledge of health & wellness from science to practice, Samefko writes & talks internationally, nationally and locally.
Bodytalk

You, like all of us, are affected by another person's body posture. Bodies have their own language, one that 'says' more than you might think. This workshop takes a look at how body language affects conversation partners and how you can use your own posture to achieve an enjoyable or effective conversation.

In this 2-hour workshop, you'll:
- Gain insight into the basics of physical interaction in communication;
- Learn to see your body language consciously;
- Get tips you can apply immediately in your next conversation.

....and most of all, we will have fun by playing with movement and exploring variety!

Carmen is a business economist, actress, dancer, voice-over and trainer. And she is always on the move. The connection between all aspects of her work is movement. Carmen specialises in the physical aspect of communication.
Een Recovery College, wat is dat eigenlijk? Tijdens deze workshop leer je wat een Recovery College is en oriënteer je je op de mogelijkheden voor herstel in 'peer support' werkgroepen. Ook kom je meer te weten over Het Ervaringscafé.

Het Ervaringscafé is een samenwerking tussen Altrecht Jongvolwassenen & Enik en is bedoeld voor jongvolwassenen met een psychische kwetsbaarheid. Tijdens deze avonden is er elke keer een gastspreker die diens ervaringsverhaal vertelt. Daarnaast ga je met elkaar in gesprek over thema's als eenzaamheid, verbinding, stigma en je plek durven innemen in deze wereld. Kom langs, wissel ervaringen uit en ga in gesprek met elkaar.

**28 nov 15:00 - 17:00**

**Vaartsche Rijn**

**SCHRIJF JE IN**
Effective Reading Strategies

Are you behind in reading chapters and articles? Or have you read everything, but it doesn’t stick?

This webinar 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.

Elma Zijderveld is trainer and education consultant, working for Utrecht University as well as other (higher) education organisations. She enjoys working with individuals and groups and is fascinated by how they develop.
Kickboxing coach Mahid and Brazilian Jiu Jitsu coach Davey come together to give you the tools to start your mixed martial arts journey.

MMA Fighting

Want to get familiar with one of the most effective ways to defend yourself? Want to get to know what an americana, low single leg takedown, overhand right or a superman punch is? Want to know what all the UFC hype is about? Then we've got the place for you!

This Monday afternoon, kickboxing coach Mahid and Brazilian Jiu Jitsu coach Davey come together to give you the tools to start your mixed martial arts journey. Anybody, any level, (regardless of experience) is welcome.

Please note that this workshop includes physical touching.

28 Nov 16:00 - 17:30
Olympos

SIGN UP HERE
Ernst Meijer is praktisch filosoof met een eigen praktijk in Utrecht. Daarmee wil hij filosofie terugbrengen naar haar oorsprong zoals die in het oude Griekenland werd beoefend. Praktisch en geheel in dienst van ons leven, voor mensen met concrete vragen en problemen.

Durf te denken

In deze workshop leer je hoe filosofie je kan helpen om in het dagelijkse leven met ingewikkelde vragen om te gaan. Vragen als: welke studie past bij mij? Wat is echte vriendschap? Maak ik de juiste keuzes?

Praktische filosofie is de kunst van het vertragen om je eigen gedachten onder de loep te nemen en meestal in gespreksvorm. Je maakt kennis met de achtergronden van deze vorm van filosofie om vervolgens zelf aan de slag te gaan. Je gaat oefenen met vragen stellen en schoon luisteren zonder in te vullen of te adviseren. Voor mooie gesprekken en meer zelfsturing.

28 nov 19:00 - 20:30

Parnassos

SCHRIJF JE IN
Staatssecretaris van Volksgezondheid, Welzijn en Sport Maarten van Ooijen komt naar de Wellbeing Week om met studenten in gesprek te gaan over welzijn, het welzijnsbeleid van Nederland en de toekomst. Studenten geven aan in toenemende mate problemen te ervaren met hun mentale gezondheid en welzijn. Wat doet Nederland voor deze studenten?

Vind jij dit beleid toereikend of heb jij een alternatief idee? Samen met de staatssecretaris en andere studenten kan jij in een dialoog reflecteren op welzijn in Nederland, op de universiteit en je persoonlijke welzijn. Voel je vrij om je ervaringen, mening en ideeën te delen tijdens deze collegetour.

Tuesday 29 November
Van burn-out prone naar burn-out preventie

Meer dan ooit hebben studenten kans om in een burn-out terecht te komen. De helft van de studenten (51 procent) ervaart psychische klachten zoals angst en somberheid, van wie 12 procent zelfs in ernstige mate.

In deze lezing geeft dr. Bert Arets eerst een algemene inleiding over burn-out. Daarna bespreekt hij een recent onderzoek binnen het UMC waarbij is gekeken naar het voorkomen van burn-out klachten bij studenten en de geassocieerde factoren bij student, milieu en opleiding. Vanuit deze resultaten schijnt Arets licht op wat gedaan kan worden om deze problematiek te verminderen en/of te verhelpen.

Dr. Bert Arets is kinderlongarts in het UMC Utrecht, Wilhelmina Kinderziekenhuis sinds 2000. Naast de klinische zorg voor patiënten (speerpunt cystic fibrosis) is Arets bevlogen docent en associate hoogleraar (sinds 2016) verbonden aan de geneeskunde opleiding bij het UU.
Presenting is communicating. It is not just about what you tell, but more importantly how you tell it. An important part of the anxiety and uncertainty of giving a presentation is removed by good preparation. And by practicing a lot and knowing where your qualities and points of attention lie.

During the workshop, you will receive feedback on your presentation skills from the instructor and fellow students. We will practice such things as voice use, posture and conveying a clear core message. This workshop is designed for all students who want to improve their presentation skills.
Enik Recovery College is een leeromgeving en ontmoetingsplaats voor scholing rond herstel van psychische ontwrichting. Enik wordt voor 100% gerund door ervaringsgenoten. Dat betekent dat binnen de herstelacademie iedereen gelijksoortige ervaringen deelt.

Wellness Recovery Action Plan (WRAP)

Tijdens deze introductiebijeenkomst leer je wat WRAP is. In dit persoonlijk levensplan werk je uit wat jij nodig hebt om je goed te (blijven) voelen, wat signalen zijn die je uit balans brengen en wat je hiervoor in kunt zetten. Tijdens deze bijeenkomst is er ruimte voor ieders ervaringen in de groep, zodat je elkaar steunt en inspireert.

De WRAP vindt zijn basis in de kernbegrippen steun, persoonlijke ontwikkeling, eigen verantwoordelijkheid, hoop en opkomen voor jezelf.

Kom naar Enik en maak kennis met WRAP: een praktische manier om aan je welbevinden te werken.

📅 29 nov 11:00 – 13:00
📍 Vaartsche Rijn
✍️ SCHRIJF JE IN
Melissa Wolleswinkel knows from experience how valuable a listening ear or someone who guides you can be. After a career as a sports instructor and accountmanager, she found her Ikigai and is now a psychologist-in-the-making, trainer and (career) coach.

**Working Consciously & Effectively**

Is time slipping through your fingers? Are you running behind schedule? Do you struggle with switching between all your interests and responsibilities? Or do you find it difficult to say no in time or ask for help? Perhaps the workshop 'Working Consiously & Effectively' is something for you!

After this workshop you will have more tools to improve your self-management and work more efficiently, effectively and consciously. As a result you will increase your productivity, reduce stress and experience more balance.

📅 29 Nov 13:30 – 16:30
📍 The Vagant 🇬🇧
@RequestMapping {SIGN UP HERE}
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. Charlotte’s Burlesque classes are tasteful and humorous and 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 for one hour will guarantee lots of laughs! Burlesque increases your confidence and self-esteem. It’s 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.
Our full body 45-minute workout on a bike is an uplifting experience. Set to candlelight and fuelled by epic beats, our classes are made to give you that natural high. You will train your upper body with light hand weights and handlebar push ups, then finish with head to toe stretching. Our workouts take your mind off everything, as you feel the endorphins running through your veins. In an hour, you will walk out completely revitalized. Our Ro’ride is a fit for Ro’okies and Ro’ckstars alike.

The indoor studios offer everything you could wish for with a private ride: cycling shoes, workout towels on your bike, luxurious, hotel-style towels in the locker rooms, and showers stocked with Zenology’s organic care products.
Wednesday 30 November
Jellinek Preventie wil problemen die ontstaan door alcohol, drugs, gamen en gokken voorkomen. Dit doen zij door het geven van voorlichting aan het algemene publiek, risicogroepen en beroepsgroepen. De informatie die daarbij wordt gegeven is objectief, op feiten gebaseerd en niet moraliserend.

De grote alcohol/drugs Q&A

In het studentenleven kom je het geheid tegen: alcohol en andere drugs. Adje hier, pilletje daar. Ondanks dat het een groot onderdeel is van het studentenleven kan het zijn dat jij nog brandende vragen hebt over deze middelen. Wat doet bijvoorbeeld MDMA met je lichaam? Hoe kan ik omgaan met de sociale druk omtrent alcohol? Hoe verslavend is cocaïne nou echt? Hoe kan ik veilig een pilletje nemen?

Samen met LOS Jellinek gaan we deze vragen en meer beantwoorden en bespreken in een veilige omgeving.

30 nov 10:00 – 11:30
De Vagant

SCHRIJF JE IN
Voice Liberation

Do you want to share your voice with the world, in sound, word or song, but do you notice something is holding you back? Do you long to sing more freely, even when others are listening?

We are natural singers. All of us. Who can breathe, can sing. By breathing in, we absorb the world around us. By breathing out, we let go. In between is an empty space where a magical silence resides. There - if we truly dare to feel what's happening inside - a sound can be born that we never heard before. Welcome to this deepening voice-journey.

In a group of max. 12 participants, we dive into a quest where we explore ways of expressing ourselves.

Brought to you by Parnassos
Marlie van de Kerkhof & Nynke Okma begeleiden mensen als trainer en coach bij hun bewustzijnsontwikkeling, waarbij ze werken vanuit een combinatie van non-duale spiritualiteit en psychologie. Voor meer informatie zie www.artoflife.nl.

Moeiteloos gelukkig zijn

We hebben het idee dat geluk buiten onszelf te vinden is en we van alles moeten doen om het te bereiken. Goede studieresultaten, een succesvolle en betekenisvolle baan, een fijne relatie, zelfontwikkeling, etc.. Een hele zoektocht waarbij je van alles moet doen om ooit echt gelukkig te zijn.

In deze workshop, ontdek je dat het vinden van geluk vraagt om een ommekeer. We onderzoeken hoe we geluk zoeken buiten onszelf. Vervolgens keren we naar binnen en ontdek je dat hetgeen waarnaar je zocht al aanwezig is. Je ervaart hoe je kunt rusten in datgene wat jij bent; moeiteloos gelukkig zijn.

Let op: deze workshop bestaat uit twee sessies. De eerste sessie vindt op 23 november plaats.

23 + 30 nov 15:15 – 17:15
Parnassos
SCHRIJF JE IN
Pole Fitness® is a fitness workout which combines pole dance techniques and aerobics exercises. This combination of power training (pole dance techniques) and cardio training (aerobics) allows for a very complete high-impact total body workout. The pole dance exercises are very accessible: all participants should be able to learn to perform them competently. During the lessons, you train your strength, staying power and flexibility by taking on the most spectacular pole dance techniques while having a lot of fun!

Pole Fitness® is no longer a sport that is only practiced by women; more and more men enjoy Pole Fitness® classes.

**Nina van Koppen** is an actress, performer, theatre maker and voice–liberation coach. Attracted by the healing and connective power of theatre and after graduating HKU Acting school, she explored the field between performance and ceremony.
Positive Psychology

Positive Psychology is all about discovering your strengths and values and capitalizing on these in various life domains. In this interactive lecture, you will learn more about the 5 pillars of Positive Psychology, also called the PERMA model.

Throughout the lecture, you will be challenged 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.

30 Nov 16:00 – 17:00
The Vagant

In Rutger-Jan Scholtens’ work, connection and personal growth are central; by helping others develop, he develops himself. As a trainer/coach, he strives to inspire and activate students and young professionals.
Man, Man, Man de Podcast

Man, man, man geeft antwoord!

De heren van Man, Man, Man de podcast gaan het met jou en met elkaar hebben over gezondheid in de breedste zin van het woord.

Onder het mom van 'vraag van de luisteraar' kun jij zelf het verloop van het gesprek bepalen en breng jij stof tot praten in. De vraag kan niet gek genoeg dus wees creatief. Je kan je vraag insturen via het inschrijfformulier.

Zien wij je daar?

30 nov 20:30 - 21:00

Janskerk

SCHRIJF JE IN
Thursday 1 December
Janneke en Lida zijn van Berm Buitencoaching en vullen elkaar mooi aan. Janneke is nuchter, creatief en humoristisch. Lida is rustig, opmerkzaam en treedt je zonder oordeel tegemoet. Ze is GZ-psycholoog/trainer/coach.

Uit je hoofd, in je lijf

Merk jij ook:
...dat je veel in je hoofd zit?
...dat je weinig contact hebt met je lijf?
...dat je regelmatig piekert?
...dat je het moeilijk vindt om te luisteren naar je lichaam?

Hou je van buiten zijn? En wil je proeven aan onze impactvolle ervaringsgerichte oefeningen die je helpen contact te maken met je lijf?

Doe mee met onze workshop uit je hoofd, in je lijf!

Je krijgt hier inzicht in hoe je kan omgaan met de bovengenoemde items en hoe je hier concreet mee verder kunt. We werken zoveel mogelijk in de buitenlucht.

1 Dec 10:00 – 12:00

Botanische Tuinen

SCHRIJF JE IN
One of the things within mental health and wellbeing is how they can affect your mood and the mood of the ones around you. This workshop explores the concept of painting on music that enhances your mood. Be it horizontal or vertical lines, everything is accepted.

We will play a set of instrumental music that will enhance the mood you are currently residing in, and we will try to put it into words via paint.
'Als student en (bijna-)professional heb je door de jaren heen professionele kennis en capaciteiten opgebouwd. Daarnaast zal je door trainingen, levenservaring en wellicht therapie ook een persoonlijke groei hebben doorgemaakt.

Maar misschien spoken er nog diepere vraagstukken in je hoofd rond over jezelf en je professionele carrière, zoals: hoe blijf ik dicht bij mijzelf (binnen mijn werkveld)? Wat beweegt en motiveert mij nou echt? Hoe kan ik empathisch zijn zonder mijzelf weg te cijferen? In deze interactieve lezing duikt Vincent Duindam samen met jou in de spiritualiteit van de professional.
Cross Challenge

An extremely varied practice for all! If you want to improve your general fitness and strength, this is the workout for you. You will be practising in a small group with a strong focus on technique and responsible training.

Each workout starts with an extensive preparation, which consists of a warming up and a session to increase your body’s mobility. You will then focus on the technical execution of the various exercises, to be followed by an intensive joint work-out of about 20-30 minutes. The lesson will conclude with a short cooling down session.

My name is Pablo Castellanos and I am the best in what I do! And what I do best is "Health Coaching" & "Sport" I am not talking about gaining weight or losing weight but 'Staying Fit'. I work at Olympos Sport Center.
In the Meditation Lab, students come together to practice in a group. The energy of togetherness can make it a powerful experience. We have a session each week where everyone is welcome, beginners and advanced. You can share experiences and ask questions after each session.

In today's session we will focus on a quote by Zen master Thich Nhat Hanh: “If you miss the present moment, you miss your appointment with life. It's so clear. Mindfulness is the energy and practice that helps you go back to the here and now so that you encounter life.”

1 Dec 17:15 - 18:00
Online or Ruppert
JOIN HERE
Mental Health Talkshow: Loneliness

Feeling lonely can be very discouraging. But it is also very common. In our search for meaningful connections, we can experience loneliness even though there are enough people around who care for us. So, we wonder if anything is wrong with us or with our relationships?

By bringing together UU students and professionals with a shared experience of loneliness, we want to start an open conversation. Which kind of lonely are you?

Are you curious about your own feelings of loneliness, the connection to mental health or do you want to understand people around who may feel lonely? Then this is the panel for you! Come connect and contribute to sustainable mental health support within the UU.

1 Dec 19:30 - 21:00

Parnassos

SIGN UP HERE
Every **Wellbeing Week**, the organisation offers a movie night to wind down and relax. The organisation believes wellbeing is not only about working on yourself and taking active steps, but also to just sit down, watch a cheesy movie and have a few laughs.

**Movie Night: Falling for Christmas**

In the days leading up to Christmas, a young and newly engaged heiress experiences a skiing accident. After being diagnosed with amnesia, she finds herself in the care of the handsome lodge owner and his daughter.

**Starring:** Lindsay Lohan, Chord Overstreet, George Young

**Duration:** 125 minutes

**1 Dec 21:30 – 23:00**

**Parnassos**

**SIGN UP HERE**

**GO TO TABLE OF CONTENT**
Friday 2 December
Over time, our relationship with the world we live in has changed. Our lifestyles have disconnected us from the natural environment – our survival mechanisms are no longer triggered and we've lost touch with our inner power. So we are going to awake this inner force!

Sign up and say YES to: experience more energy, reduced stress levels, and an augmented immune response by using Tummo Breathing. Discover a method that enhances will-power, determination and focus. Hack the human stress system by using the breath and even endure an ice bath. Show up for this challenge is showing up for life!

Breathwork & Ice Bath

2 Dec 10:00 – 13:00

Olympos

SIGN UP HERE
Connecting through Deep Listening

In everyday life there can be a lot of hurry and noise that affect our ways of listening. Do you really hear what someone wants to express?

In Deep Listening we want to engage our body and our mindfulness to come to another level of being in contact. Listening like this is beneficial for others but also for yourself. Listening to what is going on beneath your own surface, is supportive for wellbeing. In this workshop we will practice with subsequent steps of deep listening. It will be interactive, mindful and connective!

Jacky Limvers is a career counselor and wellbeing officer at Utrecht University. Deep listening is an important aspect of her work. She is trained in both mindfulness and deep listening.
Founded in 2015 in Amsterdam, Rocycle is meant for everyone. In a dark candlelit studio to high-energy music, we ride out of our heads and into the rhythm. During the workouts by our ace instructors, riders are thrown back to themselves. Into their being, their strength and outside of their boundaries.

Rocycle

Our full body 45-minute workout on a bike is an uplifting experience. Set to candlelight and fuelled by epic beats, our classes are made to give you that natural high. You will train your upper body with light hand weights and handlebar push ups, then finish with head to toe stretching. Our workouts take your mind off everything, as you feel the endorphins running through your veins. In an hour, you will walk out completely revitalized. Our Ro'ride is a fit for Ro’okies and Ro’ckstars alike.

The indoor studios offer everything you could wish for with a private ride: cycling shoes, workout towels on your bike, luxurious, hotel-style towels in the locker rooms, and showers stocked with Zenology’s organic care products.

2 Dec. 18:00 – 19:00
Kaatstraat 59
SIGN UP HERE