

Counselling Service
Maynooth University



**WELLBEING &
MENTAL HEALTH
WORKSHOPS**

Semester One 2024-2025

www.maynoothuniversity.ie/counselling

WELLBEING & MENTAL HEALTH WORKSHOPS

Each semester the Counselling Service offers a series of Wellbeing & Mental Health Workshops for students on a variety of topics including;

Yoga

Mindfulness

Resilience

Anxiety

Procrastination

Grief

Assertiveness

Chew & Chat

The Body Project

Zen Zone: Crush Stress, Boost Success

Our workshops are delivered in person and online via
Microsoft Teams.

The links for all online workshops will be available on our
website:

<https://www.maynoothuniversity.ie/campus-life/student-wellbeing-support/counselling/workshops>



If you are a member of staff and would like a workshop on a
specific topic or theme, please contact Reception on

01 708 3554

STRETCH & RELAX YOGA

Free 10 week Yoga series open to all levels. Learn to relax, reduce stress and anxiety, improve focus and feel happier with yoga.



WHEN:

Tuesdays @ 12-1pm

Starting: October 1st

Ending: December 10th

***No class October 29th due to study week*

WHERE:

An Tobar; Ground Floor, Student Services Centre

Drop in anytime for a taster class, a one-off session, **or** complete 4 sessions during the semester and receive a free gift!

Find out more about this class online;

<https://bit.ly/3QEWt8h>

CHEW & CHAT

If you would like to meet your fellow students, make new friends, or simply avail of free tea/coffee and biscuits, we would love to see you at our weekly 'Chew & Chat'!



WHEN:

Mondays @ 3-4pm
Starting: October 7th
Ending: December 9th

***No group on Monday October 28th due to bank holiday*

WHERE:

An Tobar; Ground Floor, Student Services Centre

BUILDING RESILIENCE

This workshop will offer students a space to reflect on their own self-care and coping mechanisms for dealing with stressful situations, and identifying practical strategies for enhancing personal resilience.



WHEN:

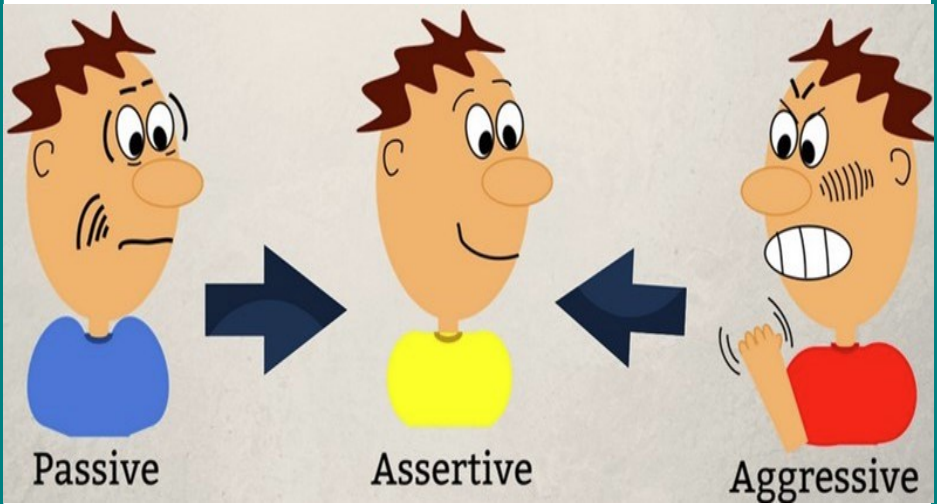
Tuesday October 13th @ 3.15pm

WHERE:

Meeting Room, First Floor, Student Services Centre

ASSERTIVENESS SKILLS

Learn some key assertiveness skills to become more confident and empowered in standing up for yourself.



WHEN:

Wednesday October 23rd @ 2-3pm

WHERE:

An Tobar; Ground Floor, Student Services Centre

ZEN ZONE: CRUSH STRESS, BOOST SUCCESS



Walk away from this class with three different, scientifically proven, stress busting exercises that you will feel the benefits from.

WHEN:

Wednesday October 23rd @ 3.30-4.40pm

WHERE:

An Tobar; Ground Floor, Student Services Centre

MIEA MINDFULNESS COURSE

Mindfulness Institute for Emerging Adults' Mindfulness Course developed at Duke University, USA (formerly known as Koru)

Learn mindfulness & meditation in this evidence-based 4 week curriculum designed specifically for college students. You will learn and practice exercises and meditations that will help manage stress, and support self-care and regulation.



WHEN:

Tuesday's @ 3.15-4.30pm

Starting: November 5th

Ending: December 3rd

***No class November 19th*

WHERE:

An Tobar; Ground Floor, Student Services Centre

KORU MINDFULNESS RETREAT

A half day silent, mindfulness retreat for students who wish to try a more intense mindfulness experience.

Tuesday December 10th @ 3-4.30pm

DEALING WITH PROCRASTINATION - 'DON'T PUT IT OFF'

This workshop will explore the factors that keep our procrastination habits going and offer strategies to address them.



WHEN:

Wednesday November 6th @ 12-1pm

WHERE:

An Tobar; Ground Floor, Student Services Centre

ANXIETY SERIES

This series offers tips on how to cope with anxiety, how to identify triggers, and how to manage your anxiety using the theory and practice of Cognitive Behavioural Therapy (CBT).



WORKSHOP	DESCRIPTION	DATE
Improve Your Mood	Looking at ways to tackle anxiety & low mood via CBT	Weds Nov 13th @12-1pm
Less Stress, More Success	Top tips for managing exam anxiety	Weds Dec 4th @ 12-1pm
What to do when 'Panic' attacks	Understanding the symptoms of a panic attack & exploring strategies of managing the impact	Thurs Dec 5th @ 12-1pm

All Anxiety workshops take place in
An Tobar, Ground Floor, Student Services Centre

COPING WITH GRIEF & LOSS

This workshop will explore the impact of grief and loss and how we cope with the emotional and physical loss of someone we love.



WHEN:

Wednesday November 20th @ 12-1pm

WHERE:

An Tobar; Ground Floor, Student Services Centre

THE BODY PROJECT

The Body Project is a group-based intervention that is designed to challenge the appearance ideals prevalent in society today.

It provides a forum for students to confront unrealistic appearance ideals and develop healthy body image and self-esteem.

The programme runs for one hour a week over 4 weeks.
Max 10 students.

See our website for relevant dates:

<https://www.maynoothuniversity.ie/campus-life/student-wellbeing-support/counselling/workshops>



If you would like to join us for the next group, or to learn more, then please email barbara.mahon@mu.ie putting BODY PROJECT in the subject line.

OTHER SUPPORTS

ONE-TO-ONE COUNSELLING SESSIONS

A counselling appointment can be booked by calling 01 708 3554 sending a call back request via this link: <https://www.maynoothuniversity.ie/node/394198> by scanning this QR code: Sessions are 50 minutes in duration and must be booked in advance. Service is strictly confidential.



WALK-IN WEDNESDAYS

Every Wednesday during term-time, we run a Walk-In Service from 12.00-1.00pm & 2.00-3.00pm. No appointment necessary. These are short 20 mins sessions available to any student who is **not** already linked in with us. If a student has seen us before, they must call to schedule an appointment instead.



TOGETHERALL

An online mental health and wellbeing peer support community that gives access to a safe, anonymous, and professionally moderated community where people can share experiences and support each other.



SILVERCLOUD

An online digital mental health platform offering a range of modules on various topics from sleep, financial worries, depression etc. You can work through the modules yourself (Self-directed) or work collaboratively with your counsellor



SPEAKOUT

Speak Out is an online anonymous reporting tool available to staff and students to disclose incidents of bullying, cyberbullying, harassment, discrimination, hate crime, coercive behaviour/control, stalking, assault, sexual harassment, sexual assault, and rape.



TEXT MU to 50808

50808 is a free 24/7 text service, providing everything from a calming chat to immediate support for people going through a mental health or emotional crisis - big or small. To get text support at any time with a trained volunteer simply Text MU to 50808.

text about it

text MU
50808

SAFE & SOUND PROTOCOL (SSP)

SSP is an integrated listening system providing auditory intervention designed to reduce stress, improve brain function, and regulate your nervous system, your body and your mind. You can avail of this resource by linking in with a counsellor on the Team. For more information check out our SSP webpage:



<https://www.maynoothuniversity.ie/campus-life/student-wellbeing-support/counselling/safe-sound-protocol-ssp>

Please see our website for more information:
<https://www.maynoothuniversity.ie/campus-life/student-wellbeing-support/counselling>



SCAN ME

CONTACT US

PHONE RECEPTION

01-708 3554

Monday - Friday: 09.00-13.00/14.00-17.00

REQUEST A CALL BACK



DROP-INTO RECEPTION

Top Floor, Student Services Centre, North
Campus

The Student Counselling Service is a professional, confidential counselling service provided to all registered students of Maynooth University.

Counselling provides the opportunity for any student to discuss in private any concerns which may be impacting on academic performance or personal health and well-being.

Counselling is generally offered on a one to one basis, is short-term in nature, strictly confidential and provided free of charge.

Self-referral to the Service is welcomed and encouraged.