A simple guide to help you decide which UCS workshop might be right for you

**Anxious / stressed / panicky?**
*It seems to come out of nowhere...you may avoid coming in to lectures and seminars in case you feel anxious...you worry about when the next panic attack will come...*

- Breathe Here Now
- Sleep Better
- Stress-Busting
- Everyday Mindfulness
- Nature as Therapy
- Art as Therapy

**Can’t make decisions?**
*You tend to overthink everything and worry about what others might think... you never feel good enough...*

- Improve your Self Esteem
- Perfectionism & Procrastination
- Changes & Challenges
- Sleep Better
- Living with Dyslexia
- Everyday Mindfulness
- Writing as Therapy

**You feel low**
*You may sometimes be tearful about seemingly trivial things...you are irritable with your friends and housemates...sometimes you stay in bed all day...you can’t sleep/sleep too much and feel tired all of the time...you notice you are withdrawing from others...*

- Depression & Low Mood
- Sleep Better
- Breathe Here Now
- Everyday Mindfulness
- Social Anxiety

**Everything feels chaotic**
*You’ve lost your day to day routine...perhaps you never had one! Daytime has become night-time...looking after yourself is a losing battle...you are not engaging with campus life and/or course*

- The Open Group
- Depression & Low Mood
- Perfectionism & Procrastination
- Stress-Busting
- Writing as Therapy
- Film as Therapy
- Music as Therapy (drumming)

For further information and booking go to:
[https://www.nottingham.ac.uk/go/counselling-workshops](https://www.nottingham.ac.uk/go/counselling-workshops)
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You are stuck
You may sometimes be tearful about seemingly trivial things...you are irritable with your friends and housemates...sometimes you stay in bed all day...you can’t sleep/sleep too much and feel tired all of the time... you notice you are withdrawing from others...

- Depression & Low Mood
- Nature As Therapy
- Changes & Challenges
- Everyday Mindfulness
- Perfectionism & Procrastination
- Improve your Self Esteem
- Art as Therapy
- Transitions
- Sleep Better

You know things aren’t quite right
It is difficult to say why or even to talk about it. It is hard to talk to others – you don’t want to burden them and you worry they will think you are weird...

Any of our therapeutic groups could be helpful here. It can make such a big difference to find that others feel the same way you do. The benefits far outweigh the discomforts of having to get to know a new group of people. If you are interested in any of the groups, you’ll need to make an individual counselling consultation appointment and discuss it with your counsellor.

- The Open Group
- Managing Relationships
- The Post Graduate Men’s Group
- International Student Support Group