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
- Manage Stress and Anxiety
- Everyday Mindfulness
- Breathe Here Now Outdoors
- Creative Stress Management

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

- Improve Self Esteem
- Manage Procrastination
- Manage Perfectionism
- Building Resilience
- Sleep Better
- Living with Dyslexia
- Everyday Mindfulness

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...

- Manage Depression
- Sleep Better
- Breathe Here Now
- Everyday Mindfulness

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
- Manage Depression
- Manage Procrastination
- Manage Stress and Anxiety

For further information and booking go to:
https://www.nottingham.ac.uk/counselling/workshops-and-groups/groups-and-workshops.aspx
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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...

- Manage Depression
- Breather Here Now Outdoors
- Building Resilience
- Everyday Mindfulness
- Manage Perfectionism
- Improve Self Esteem

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.

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

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