

Which workshop should I go to ???

Here's a simple guide to help you decide which UCS workshop might be the most suitable for you....

You're feeling:	Why not attend.....	Or maybe.....	Or perhaps even
<p>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</p>	<p>Explore Mindfulness will introduce you to some ways in which you can begin to observe and tolerate your feelings rather than become overwhelmed by them...</p>	<p>Manage Anxiety and Stress will provide you with some practical strategies for coping with stress and you will even get the chance to try one or two out.</p>	<p>Being Outdoors will help you to re-engage with your surroundings in a gentle and soothing way. </p>
<p>You can't make decisions...  you tend to overthink everything and worry about what others might think... you never feel good enough</p>	<p>Improve your Self Esteem will help you to develop a more flexible approach to how you see yourself and will help you make your own choices.</p>	<p>Manage Perfectionism will help you to set more realistic goals for yourself and face your fear of failure.</p>	<p>Managing Relationships is a therapeutic group will be useful to those people whose lack of self-confidence has a big effect on their relationships with others.</p>
<p>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</p>	<p>Manage Depression and Low Mood will help you think about the ways in which feeling low impedes your everyday life and provides strategies for beginning to address this.</p>	<p>Manage Procrastination helps you to think about why you put things off to the point where you lose marks on coursework or miss appointments.</p>	<p>Explore Mindfulness might be a helpful way of learning how to tolerate uncomfortable feelings that seem unacceptable to you.</p>

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<p>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</p> 	<p>The Open Group is a weekly group that offers support to people struggling with transitions and life changes during their time at university.</p>	<p>Or you may be experiencing symptoms of depression – in which case it is worth seeing your GP. Manage Depression and Low Mood is a good workshop in which you can start trying to deal with getting back on track.</p>	<p>Manage Procrastination might help you to work out what it is you are avoiding and what it is you can do to get started. Try Manage Anxiety and Stress if your anxiety feels overwhelming and you cant work out where to start.</p>
<p>You are stuck! You can't concentrate on your studies or take anything in.... you keep getting distracted... constantly worried that your work is not good enough... you repeatedly re-write paragraphs and then delete them....</p> 	<p>Manage Perfectionism is the right workshop for you. It is likely that you are trying so hard not to make any mistakes that you are not allowing yourself any creative space whatsoever. It can take a while to find the 'right' way</p>	<p>Or if you're not ready for that and you just need to start with something powerful but different, then try our Being Outdoors Workshop which will provide you with an alternative to overthinking or staring at your computer screen...</p>	<p>Explore Mindfulness will give you the opportunity to break out of vicious cycles of self criticism and feeling hopeless. You will be able to join others in finding ways of being still and observing your thoughts and feelings without judgement...</p>
<p>You know things aren't quite right but 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...</p> 	<p>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. It might feel scary to think about coming to a group but they very quickly become more familiar and the benefits far outweigh the discomforts of having to get to know a new group of people.</p> <p>TRY: Managing Relationships, The Open Group, The Postgraduate Man's Group.</p> <p><i>There may be no immediate crisis but there are things that you know you want to discuss and have not been able to share with anyone so far. You worry that if you don't take the plunge now you'll never get the chance and at the same time individual counselling seems way too intense...</i></p> <p>Our GROUPS & WORKSHOPS are a really great way of being able to talk about the things that matter to you but which seem difficult to talk about in the course of every life and relationships. Don't worry too much about choosing the right one - if you are reading this chances are, you are curious about what makes you tick and this is a good place to start. See you soon.</p>		