

iCan improve my well- being and learn to relax

This 2 hour workshop will explore what benefits relaxation can have for our wellbeing and how we can fit it into our daily life.

Relaxation does not have to take up lots of time. Sometimes just stepping away from something for a couple of minutes can help us to reduce our stress levels.

There are many different ways to relax, some involve us sitting still and others involve getting moving. The workshop will provide tips and suggestions- such as Colour Breathing; Guided Visualisation; Progressive Muscle Relaxation; Nature/ Hobbies/ Music; etc. As well as a couple of practical exercises to help relax our body and our mind.

There is no expectation to take part in the practical exercises; however, if you don't take part you will miss out on a great experience.

There is no need to pre-book but to guarantee a place please contact our office manage on ican@bangor.ac.uk

The workshop will be limited to 15 places.