

HOW TO PRACTICE SELF-CARE

Presented by the Student Wellbeing Service
1:00 – 4:30pm – 4/10/23 or 31/1/24
Meeting Room 1, Neuadd Rathbone, College Road

A half day workshop facilitated by Llinos Morris, Counsellor and Gwawr Wyn Roberts, Art Therapist

- Learn what self-care is and how it can support your mental wellbeing
- Explore your current self-care activities and identify areas you may wish to develop
- Learn how others practice self-care
- Understand how self-compassion is a crucial component of self-care
- Envision and commit to your personal self-care practice

Light refreshments will be available

To book a place please email wellbeingservices@bangor.ac.uk giving your name, university email address and student ID Number or scan the QR code below:



SUT I YMARFER HUNAN-OFAL

Cyflwynir gan y Gwasanaeth Lles Myfyrwyr

1:00 - 4:30yp - 4/10/23 neu 31/1/24

Ystafell Gyfarfod 1, Neuadd Rathbone, Ffordd Y Coleg

Gweithdy hanner diwrnod wedi'i hwyluso gan Llinos Morris, Cwnselydd
a Gwawr Wyn Roberts, Therapydd Celf

- Dysgwch beth yw hunan-ofal a sut y gall gefnogi eich lles meddyliol
- Archwiliwch eich gweithgareddau hunanofal presennol ac adnabod meysydd y gallech eu datblygu
- Dysgwch sut mae eraill yn ymarfer hunan-ofal
- Deall sut mae hunan-dosturi yn elfen hanfodol o hunan-ofal
- Darganfod ac ymrwymo i'ch ymarfer hunan-ofal personol

Bydd lluniaeth ysgafn ar gael.

I gadw lle e-bostiwch wellbeingservices@bangor.ac.uk
gan roi eich enw, eich cyfeiriad e-bost prifysgol a rhif
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