

Five Ways to Wellbeing Art Group

Presented by the
Student Wellbeing Service

Meeting Room 1, Rathbone Hall



A welcoming weekly art group to support you in improving your mental wellbeing through art and creativity, held every Wednesday between 25/1/23 & 1/3/23



- Understand the Five Ways to Wellbeing
- Identify what is important to personal wellbeing and what to prioritize in your daily life
- Identify ways to increase the time spent in activities that are beneficial to mental health
- Create a portfolio of ideas and creative activities that can contribute to better mental well-being



This six-session group will be a mix of artmaking, presentations, video clips and discussions. We will work as a supportive group where there will be an opportunity to create together as well as focusing on individual artwork. **No previous art-making experience needed, a warm welcome to all.**

English Sessions: 10am-12pm / Welsh Sessions: 2-4pm

If you are interested, please contact us at:
wellbeingservices@bangor.ac.uk giving your name, university email address and student ID number.

Grŵp Celf Pum Ffordd at Les

Cyflwynir gan y
Gwasanaeth Lles Myfyrwyr

Ystafell Gyfarfod 1, Neuadd Rathbone



Grŵp celf wythnosol croesawgar i'ch cefnogi i wella eich lles meddyliol trwy gelf a chreadigrwydd, cynhelir bob dydd Mercher rhwng 25/1/23 & 1/3/23



- Dysgu am y Pum Ffordd at Les
- Adnabod beth sy'n bwysig i les personol a beth i'w flaenoriaethu yn eich bywyd bob dydd
- Adnabod ffyrdd o gynyddu'r amser a dreulir mewn gweithgareddau sy'n fuddiol i iechyd meddwl
- Creu portffolio o syniadau a gweithgareddau creadigol a all gyfrannu at eich llesiant meddyliol



Bydd y grŵp chwe sesiwn hwn yn gymysgedd o greu celf, cyflwyniadau, clipiau fideo a thrafodaethau. Byddwn yn gweithio fel grŵp cefnogol lle bydd cyfle i greu gyda'n gilydd yn ogystal â chanolbwytio ar waith celf unigol.

Nid oes angen unrhyw brofiad blaenorol o wneud celf, croeso cynnes i bawb.

Sesiynau Saesneg: 10am-12pm / Sesiynau Cymraeg: 2-4pm

Os oes gennych ddiddordeb, cysylltwch â ni yn:
wellbeingservices@bangor.ac.uk gan roi eich enw,
cyfeiriad e-bost prifysgol a rhif adnabod myfyrwr.