



WORLD MENTAL HEALTH DAY Oct. 10<sup>th</sup> 2009

**“There is no health without mental health”**

A week of events to designed to make you feel good. Something for everyone!

Day-by-day listing ~ Oct. 11<sup>th</sup> – 15<sup>th</sup>

Sunday 11 <sup>th</sup>	<p>Dedication of <b>An Gairdín Sosa</b>, by Cardinal Sean Brady The garden is a place for conversation, contemplation, study, laughter, lunch, friendship, relaxation, solitude, escape, and peace. <b>An Gairdín Sosa</b>, located next to the Chapel of St. Columbanus, is open from 8.30am until 10.30pm each day. The garden was built with financial support from Student Projects Fund and was completed this summer. <b>5PM in An Gairdín Sosa</b></p>
Monday 12 <sup>th</sup>	<p><b>Library foyer</b> Exhibition of books from the 'Mind, Body &amp; Soul Collection' The collection contains books dealing with a range of health and well-being issues, including mental health. Other topics include grief, sex, eating, and learning. On view throughout the week.</p> <p><b>College Bookshop</b> Window display for Mental health Week Check out the University Bookshop for a wide range of resources on Mental Health and Wellbeing”</p> <p><b>FLIRT FM</b> Tune in to <b>101.3fm</b> all week for interviews and highlights of the week.</p> <p><b>Walk along the Corrib</b> A peaceful stroll to help clear the stresses of the office. Participants will receive literature on suitable stretches pre- and post walking. Please bring a waterproof top and suitable shoes for walking. <b>1:10 PM, Meet under the bridge</b>, opposite end from the Kingfisher Sports Centre</p>

Tuesday 13 <sup>th</sup>	<p><b>Cannabis Use and Implications for Mental Health</b> Find out the facts from Mark Campbell, Drug and Alcohol Counsellor. <b>1 – 2PM, Room 1, Áras na Mac Léinn</b></p>
	<p><b>Activity and Mood.</b> A lunch time talk reflecting on the importance of recognizing mood swings, and how exercise is the key to banishing those mid afternoon dips of energy. Tutor: Sarah Smith ACE personal trainer ITEC Fitness studio, GP Referral tutor. <b>1:10, Fitness Studio, Kingfisher Sports Centre</b></p>
	<p><b>Traditional music sessions</b> Join Trad Soc for a spirit lifting, toe tapping session. Whooping, clapping and foot stamping encouraged. <b>1PM outside the library</b> <b>10pPM The Crane, Sea Road, Galway</b></p>
	<p><b>Juggling with Juggling Society</b> The perfect way to create balanced harmony, improve your coordination and meditate through rhythm. <b>6 – 8PM, Áras na Mac Léinn</b></p>
	<p><b>Get Creative</b> Art Soc invite you to release your creative side and let music inspire your art. <b>The Art room Áras na Mac leinn 6pm-8pm</b></p>
	<p><b>Cupcakes</b> Food and Drinks Society invite you to decorate cupcakes, known as the world's best therapy! <b>12 – 4PM in the foyer Áras na Mac Léinn</b></p>
	<p><b>Film – Hot Rod</b> Film Soc host films in the O'Flaherty theatre at <b>7pm</b> Thur Looking for earth.</p>
Wednesday 14 <sup>th</sup>	<p><b>Beautiful music</b> A performance of excerpts from Beethoven's duos for clarinet and bassoon 11 AM Áras na Mac Léinn foyer</p>
	<p><b>Making a collage as an antidote to stress</b> Would you like to reduce stress? In a group setting learn how to use magazine picture collage as tool to do just that. Collage is a very enjoyable and easy to use medium and will also tap into your creativity. Facilitated by Emer Casey, Counsellor. <b>1 – 2 PM, Group Room, 5 Distillery Road</b></p>
	<p><b>Singalong</b> Join the Societies for a chance to let loose your voice. <b>1PM, Outside the library</b></p>
	<p><b>Avoid Stress by Learning How to Manage your Time</b> Are you finding it hard to balance study, work, other commitments, hobbies and your social life? This short workshop will give you some tips and tricks on how to balance your time effectively to maintain a healthy work life balance to avoid getting stressed by time pressures. <b>Careers Seminar Room, 1 – 1:45PM (end of corridor beside Larmor Theatre, Concourse)</b></p>
	<p><b>Walk along the Corrib</b> A peaceful stroll to help clear the stresses of the office. Participants will receive literature on suitable stretches pre- and post walking. Please bring a waterproof top and suitable shoes for walking. <b>1:10 PM, Meet under the bridge, opposite end from the Kingfisher Sports Centre</b></p>
	<p><b>Best Of Ted!</b> <b>2pm-6pm in the Large Acoustic Room , Áras na Mac Léinn</b></p>
	<p><b>Film – Harold and Maud</b> Film Soc host films in the O'Flaherty theatre at <b>7pm</b></p>
Thursday 15 <sup>th</sup>	<p><b>Meditation</b> Moya Roddy's weekly meditation session is like a complete holiday in an hour. All welcome. <b>1:10 – 2PM, Art Gallery, Quadrangle Building</b></p>
	<p><b>Raising mentally healthy children</b> A workshop for parents, facilitated by Edel O'Donnell, HSE Health Promotion Officer. <b>1-2 PM, Career Service Seminar Room</b></p>
	<p><b>Get active - You can do it!</b> A lecture designed to help you choose the correct activity for you and your lifestyle. Paul Gillen MSC Health promotion. <b>6.30 – 7.30 Thomas Dillon Theatre SC003</b></p>
	<p><b>Film – Looking for Earth</b> Film Soc host films in the O'Flaherty theatre at <b>7pm</b></p>
<p>Check out all the Students' Union events for Mental Health Week on and Societies' Happenings on <a href="http://www.socs.nuigalway.ie">www.socs.nuigalway.ie</a></p>	

