

Well-being Workshops

Place: Relaxation room II – 211

Time: dates announced in advance; Emotional health support group - Thursdays

Contact us for more information: pks@mruni.eu

Feeling stressed, overwhelmed, or out of balance? Join us for an engaging and supportive Students Well-being Workshop designed to help you:

- Manage stress, anxiety, fears, and other emotions
- Practice meditation, breathing exercises, and relaxation techniques
- Explore psychology-based tools to enhance well-being
- Connect with like-minded students in a safe and supportive space
- Share and reflect in a guided discussion circle

Take a break, recharge, and learn practical strategies to enhance your well-being.

Mindfulness Practices

Group and individual meditations incorporating elements of mindful awareness. Mindfulness practices help us shift from a constant “doing” mode into a state of “being”, a space for pause, self-reflection, and deep rest.

During these sessions, we will learn to:

- Consciously direct and sustain attention
- Be present in the “here and now”, in this very moment
- Observe our thoughts, emotions, and bodily sensations without judgment
- Strengthen concentration, resilience to stress, and inner calm