



INTRODUCING THEWS: A SERVICE DEVOTED TO BOOSTING STUDENT WELLBEING AND MENTAL HEALTH. WE ARE OFFERING A SERIES OF FREE, ONLINE WORKSHOPS OVER THE EASTER BREAK.

TO TAKE PART, SELECT THE WORKSHOP(S) BELOW AND SIMPLY CLICK ON THE LINK TO BE DIRECTED TO THE CHOSEN WEBINAR.

WE LOOK FORWARD TO SEEING YOU THERE!

SLEEP & WELLBEING

Wednesday 3rd April at
3pm

Learn about sleep, how important it is for overall wellbeing, what 'sleep hygiene' is and tips for getting a better night's sleep.

[Click here to join the Sleep and Wellbeing Webinar](#)

EXAM STRESS

Wednesday 10th April at
2pm

Learn tips for managing worries before and during exams, as well as ways to make revision more manageable.

[Click here to join the Exam Stress Webinar](#)