



THE UNIVERSITY  
of ADELAIDE

# Student Life – Counselling Support

## TAKE A BREAK (from Stress)

Take a Break is an opportunity for you to take time out, de-stress and learn how to relate to your stress differently. We are running an 8 session program which will give you the opportunity to try different techniques for managing stress. Whilst it would be great if you can attend all 8 sessions, no pre-requisite knowledge is required so you are welcome at any point in the program. The strategies covered will give you some tips on how to incorporate 'de-stressing' and mindfulness into your every day.

All sessions will be run by Counsellors from Counselling Support and are completely FREE

**Date:** Sessions are every Tuesday commencing 24 April and continuing through until 12 June 2018

**Time:** 1:10-1:50pm, the sessions are run for 40 minutes. Please arrive a few minutes early (doors open from 1:00 pm) - no admittance after 1:10 pm

**Venue:** Student Services Seminar Room, level 6 of the Hughes Building.

**Bookings:** Bookings can be made by contacting Counselling Support Reception at 8313 5663

All students welcome.

*\*Classes are free, we just ask that you might fill out a small evaluation to help us refine and research the practices.*