Five ways to Wellbeing

1. Connect – with the people around you
2. Be active – find an activity that you enjoy and make it a part of your life
3. Keep learning – new skills or hobbies
4. Give to others – a smile, a thank you or voluntary work
5. Be mindful – of the present moment, your thoughts and feelings, your body and the world around you.

There is a fundamental difference between thriving and surviving. Surviving means, “to continue to live or exist,” while thrive can be defined as “to grow or develop well, to prosper or to flourish.”

The Clinical School Wellbeing Programme is hosting a number of events during the week linked to the principles of the five steps to wellbeing with the aim of helping you to thrive rather than just survive.

Monday 8th May
Relationships at Work Talk
12.30pm – 1.30pm, William Harvey Lecture Theatre, Clinical School
Consultant Psychiatrist Dr Alison Jenaway will discuss relationships at work
Sign up here: relationships-at-work.eventbrite.co.uk

Wednesday 10th May
Volunteering Talk
12.30pm – 1.30pm, Lecture Theatre 2, Clinical School
Anne Bailey from Form the Future will discuss volunteering opportunities in local schools. Sign up here: volunteering-opportunities.eventbrite.co.uk

Smoothie Bikes, 9.30am – 3.30pm,
Reception, Clinical School
Take a turn at spinning your own smoothie. There are two bikes for healthy competition with your colleagues!

Thursday 11th May
Wellbeing and Staff Benefits Roadshow, 12.30-2pm, Foyer, CRUK CI
A showcase of the many benefits and services available to Clinical School Staff with information stands from University departments and external services. Please come along!

Tuesday 9th May
Does Mindfulness Promote Resilience Talk
12.30pm – 1.30pm, William Harvey Lecture Theatre, Clinical School
Deputy Head of the School and Psychiatry Professor Peter Jones will discuss mindfulness and resilience. Sign up here: mindfulness-resilience.eventbrite.co.uk

Massages
All day, Seminar Room 7, Clinical School
Revive yourself with a free 25-minute massage Places are guaranteed to go fast! Book here: https://revivemassage.eventbrite.co.uk

Friday 12th May
Website Launch
Check out the new webpages and support information: wellbeing.medschl.cam.ac.uk

*Please continue to check the Wellbeing webpages for event updates and to confirm room bookings