



Mental Health Awareness Week 2015 @ St Antony's College

11-16 May 2015

St Antony's College and GCR cordially invite all College members to mark Mental Health Awareness Week and to focus on this year's theme of mindfulness.

Mindfulness is a way of managing your thoughts and feelings by focusing on the present, and can reduce stress and anxiety.

All week
Capture moments on camera



Display in the Lodge

Taking photos is a great way of being mindful of precious moments as they go by. We invite you to take photos this week and to put them up on the noticeboard in the Lodge. Feel free to add your name and a caption, or to leave your picture anonymous. By the end of the week, we will have created a collective photo exhibition for everyone to enjoy.



Monday 11 May
Eat well, feel well
8.00-9.00am and 12.45-

1.45pm, Dining Hall

Get your week off to a great start with a complimentary continental breakfast in Hall. Then come back for a special 'brain food' lunch! All food options over lunch will be themed around superfoods and will be cooked (where applicable) using no or low fat techniques. Regular pricing will apply at lunch.

Tuesday 12 May

Wellbeing walk

1.00-1.30pm, meet at the Lodge



The College Registry welcomes anyone who would like to join us for a short walk to Port Meadow. We will try and walk mindfully, noticing the sounds around us and feeling our feet on the ground. Bring your camera with you to take photos for the collective exhibition!

Wednesday 13 May

Yoga

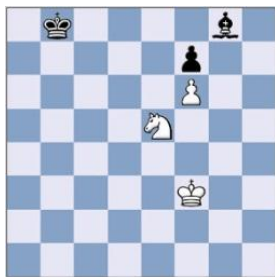
4.00-5.00pm, College Lawn



St Antony's Yoga Society is pleased to host a free yoga

class with a certified teacher for everyone in College. This one-hour session will focus on stress relief through yoga asanas (postures), breathing exercises and a guided meditation. Mats are provided by the society; please wear comfortable clothing you can move in.

**Wednesday 13
May
Chess
tournament
8.30pm, GCR
Bar (in the
Buttery)**



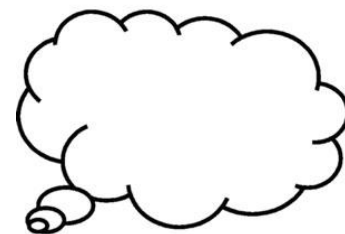
As part of the GCR's regular Games Night, all College members are invited to participate in a chess tournament. Chess is a game of skill and strategy that, like mindfulness, can help you be more rational in your thought processes and better manage stressful situations.



**Thursday 14
May
DiversiTEA
Drop in
between 5.30-
6.30pm, GCR Café (in the Buttery)**

Come along and take a break from your work! The [GCR Welfare Team](#) is hosting afternoon tea for all College members to relax and unwind with your friends and colleagues. You can also watch a short film from Oxford Mindfulness introducing a [brief guided meditation](#) – also showing on Friday at lunchtime.

**Friday 15 May
Take a three
minute breathing
space
Drop in between
12.30-2.00pm, Combined Common
Room**



Drop in to watch a short film from Oxford Mindfulness (part of the University's Department of Psychiatry) that introduces a [brief guided meditation](#). This can be used anywhere and at any time to help keep you grounded and avoid becoming overwhelmed. Everyone welcome.



**Saturday 16
May
Fresh air
and fun
2.00pm, meet
at the Lodge**

Join the GCR for a game of rounders in the University Parks. Rounders is a team bat-and-ball game a little like baseball. No experience is needed to enjoy this opportunity to get together and have fun in a beautiful setting.

Outdoor activities (wellbeing walk, yoga and rounders) are weather dependent and will not run if the weather is bad.



www.sant.ox.ac.uk/mindful