



Wellbeing Day

Balance in Everyday Life – Body, Mind, Heart

Information

As part of INGENIUM's commitment to foster student well-being, several partner universities are hosting Well-Being Days – URN, UniOvi, TUIASI, HIS, HKA.

These events encourage students to discover a variety of activities available on their campuses that promote both physical and mental health. The aim is to encourage a balanced lifestyle – nurturing a healthy mind in a healthy body.

Take a pause, recharge your energy, and discover how well-being and creativity can become part of everyday student life!

Program

G104

10:00–13:00 Relaxing break- Meet the student health service over smoothies, tea/coffee, crisp and get information on wellbeing.

G105

10:00-13:00 Calm Corner – Take a break to recover in a calming environment

Thankfulness wall – Share what you are grateful for

Mini Library for Balance and wellbeing- Get inspired by literature regarding mental and psychical health, recovery and so much more from books available at the University library

Webinar

15:15–16:00 – Webinar: Promote Your Mental Health

