



You deserve a break!  
Have a complimentary cup of Positivi-Tea @ SLC (or Coffee)

**Breathing Space**  
0800 63 85 87

Wednesday 10th May 2017  
available from 2 – 3pm  
**Bistro** (third floor)

Tea Cakes Coffee

It's Mental Health Awareness Week and the focus this year is on surviving or thriving. Good mental health is an asset that helps us to thrive and small changes can make a big difference. <https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

Setting aside time for yourself can have a positive impact on your overall mood as well as help you boost your resilience.

May is the perfect time of year to get outside. Did you know that walking boosts your mental wellbeing? The health benefits of walking are often underrated, but it's one of the best ways to increase your activity levels, lose weight, boost your metabolism and help build your resilience. Why not challenge yourself this week to walk 30 minutes at lunchtime this week!

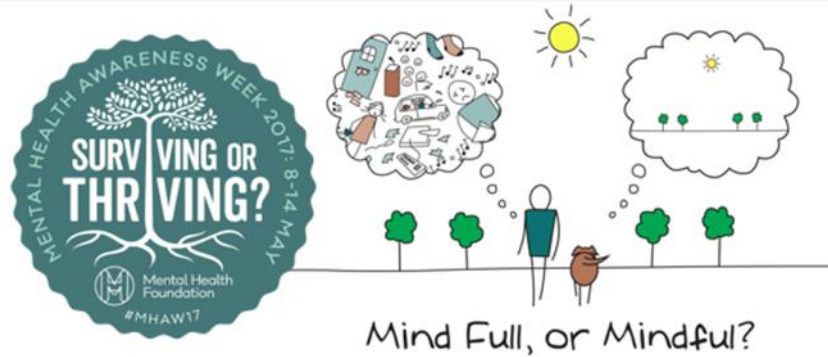
Don't forget that the College runs a Circuit Class at 4.30 pm on Tuesday's, a Running/Walking Group at 4.30 pm on Wednesday's and two Mindfulness Classes on Thursday's (12:15 pm and 4:45 pm). Please get in touch if you would like to know more.


On Wednesday afternoon this week take time to pop along to the Bistro for complimentary Tea, Coffee and Cakes.

See more Top tips for staying well at work here: <https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/tips-for-employees/>

Kind regards

Human Resources



**Mindfulness**  South Lanarkshire College East Kilbride

Free classes are now taking place every  
Thursday at:-  
12.15pm in Room LG72  
AND  
4.45pm in the Group Study Room,  
Library

If you would like to sign up, please contact us on  
Tel: 01355 807406

*"Being Mindful means we suspend our judgement for a while, set aside our immediate goals for the future and take in the present moment as it is rather than what we would like it to be."*

## Mindfulness

**It can be easy to rush through life without stopping to notice much.**

Paying more attention to the present moment – to your own thoughts and feelings, and to the world around you – can improve your mental wellbeing. Mindfulness can help us enjoy life more and understand ourselves better.

**Please note our mindfulness classes today take place at 12.15 pm in LG72 and also 4.45 pm in the Library Group Study Room.**

Kind regards

Human Resources