

# Your Life Lounge



## NEWSLETTER HIGHLIGHTS

**Wellbeing Workshops Spring 2023**

**Pets as Therapy dog, Copper, Returns**

**Your Student Success Directory**

**Togetherall: Your Wellbeing Guide**



## A LOOK AT THE TERM AHEAD

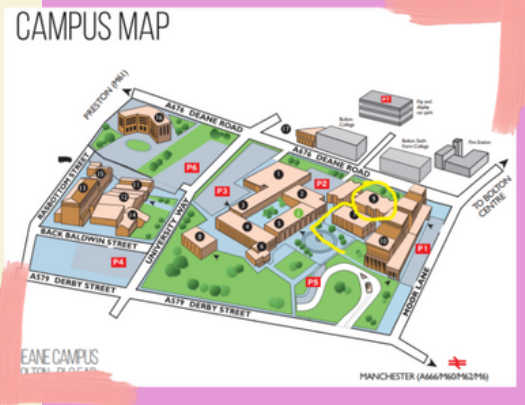
### Wellbeing Workshops - Join on LEAP Live

Our qualified Mental Health workers in the Life Lounge are delivering Wellbeing Workshops every Wednesday to help support you in improving your mental health and wellbeing. This Spring we're hosting eight different workshops catered to your student needs – take a look below and sign up for as many as you'd like on LEAP Live!

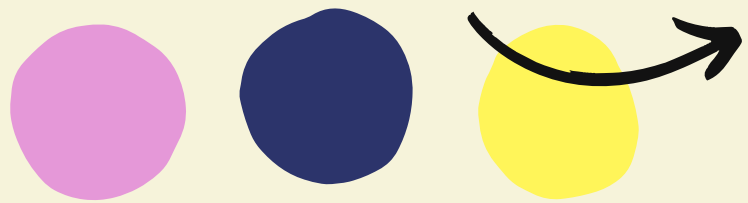
All workshops to be held in M1-026.

- Managing Worry: Problem-Solving**
- How to: Sleep (Better)**
- Body Confidence**
- Procrastination and Time Management**
- Mindfulness and Self-Compassion**
- Challenging Negative Thoughts**
- Stress Management**

If you're facing Main Reception at Senate House, take a right and you'll find M Block



**SIGN UP ON LEAP LIVE HERE**





Copper takes a rest at the University of Bolton

## Man's best friend proving a big hit

*Our Copper made the Bolton News!*



Many of you will recognize our Wellbeing Superstar, Copper the Therapy Dog, around campus. We've partnered with Pets as Therapy, a national association connecting therapy animals with organisations like schools, universities, nursing homes and so on to improve wellbeing. Copper, our 9 year old Japanese Akita, and her owner, Dennis Bray, visit the university a few times a month for Pet Therapy drop-in sessions and student events. Copper's become so popular she's now in the Bolton News representing our Student Wellbeing Services at UoB.

Dennis and Copper will continue to join us every alternating Tuesday in Chancellor's Mall between 12pm and 2pm, as well as several upcoming Student Services events for your mental health and wellbeing support.

## Life Lounge recommends: Togetherall



Wondering what Togetherall is? Togetherall is a safe, online community for university students to discuss mental health and wellbeing openly and anonymously. The site is monitored 24/7 by licensed mental health professionals (referred to as the Wall Guide when you join) that can even offer 1:1 support, and the organisation provides free online courses to help you better understand mental health and wellbeing challenges that might come your way during your time at uni.

Togetherall provides both wellness and role-based groups to join, whether you're in healthcare or have a military background, and so on. You can access various tools for journaling, goal setting, and even complete self-assessments for topics like low mood and anxiety. Start or comment on a "talkabout", or forum post, create a group talkabout with other users, or create a "brick" for the wall by designing or uploading photos and pictures to express yourself.

Register, join and use completely FREE using your university email address. Your information will be kept private and confidential.

You're Not Alone **FREE** to all students

Get support. Take control. Feel better.

A safe community to support your mental health, 24/7

togetherall



Kay L.  
Luke E.  
Chris C.

## Student Success and Wellbeing Spotlight

01204 903733: STUDENT SERVICES

**Student Liaison Advisors**  
(slo@bolton.ac.uk)

Study skills (Essay writing, referencing, paraphrasing, presentations, critical thinking)

Time Management

Academic Support

Mitigating Circumstances Case Support

Appeals Case Support

Appointments: Online or Face-to-Face