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Life at Leeds is the student newsletter that aims to help you make the most of your time at Leeds. Send your thoughts and any feedback to [studentcommunications@leeds.ac.uk](mailto:studentcommunications@leeds.ac.uk)

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## Health and wellbeing services available to you

There may be times when you're struggling with life at university or how you feel and would like some additional support. Whatever your situation, there are a range of sources that you can turn to. These include:

- [online resources that can help you take action and stop problems from escalating](#)
- [external and NHS support in Leeds](#) (our Student Counselling and Wellbeing individual appointments are now booked up until the end of December, but [group workshops are still available for you to attend](#))
- LUU's student advice centre – details of the advice it offers is on the [LUU advice pages](#)
- [Support and help with your studies](#) from the University

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## LUU workshops to focus on yourself and de-stress

From Pizza and Pool, to Lishi Tai Chi, Pet Therapy and origami workshops, the LUU are running a number of events to help you improve your wellbeing and how you deal with stress. Visit the [LUU what's on pages](#) to find an event that's right for you.

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## Try a class at The Edge for free

Regular exercise can help improve your health and your mood. It can also give you a great way to meet new people. The Edge run over 220 classes a week in term time – over the next two weeks, you can try one for free. Check out the class timetable on [The Edge's website](#) – they've also got a sale on membership prices that you can take advantage of.

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## Meditation and relaxation techniques, tips and soundtracks

With exams and assignments coming up, you may be finding it difficult to relax and focus on your studies. We've gathered a list of downloads to support relaxation, meditation and mindfulness on our student website. [Visit the page to learn to learn tips and techniques to feel calmer.](#)

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### **In case you missed it**

- Your draft exam timetable was released last week. If you've not seen it yet, you can view it through [Minerva](#).
  - Previous copies of our newsletter and relevant [news are on the student website](#)
  - Learn about other cultures, practise your language skills, make new friends and enjoy free tea, coffee and biscuits at the [Global Café. Every Monday 5.30-7.30pm](#)
  - There's a [roundup on Facebook of some great places on campus](#) to grab a drink to go, or settle down with your laptop and refuel.
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### **Don't forget to follow us on social**

Stay updated with University happenings by joining our [Facebook group for current students](#) and by following [@UoLStudents](#) on Twitter.

You can also visit [students.leeds.ac.uk](http://students.leeds.ac.uk) for everything you'll need while you're at Leeds.

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