



We're here to help you make the most of your time at Leeds. Send thoughts and feedback to the [student communications team](#). You can also join our [Facebook group for current students](#), follow [@UoLStudents on Twitter](#) or visit students.leeds.ac.uk for everything you'll need while at Leeds.

University mental health day

It's University Mental Health day tomorrow. Visit the Union to find out more about five ways to wellbeing; Connect, Be Active, Take Notice, Learn and Give. There'll be activities, chair yoga, a nature space, information about services and an opportunity to share (and receive) top tips on feeling more mindful.

Managing, supporting and promoting positive mental health is something that is important throughout the year, and not just on one day.

Wellbeing

Leeds University Union provides a range of [wellbeing events](#) for all. These include meditation, pet therapy, Mind Matters - a weekly support group, gardening, herbal tea tasting and postcard making.

Keeping active

Maintaining an active lifestyle at University is a great way to keep yourself fit, healthy and happy. Whether it's clubs and societies, riding a bike or going to the Edge, find out about [keeping active](#).

If you're looking for a change in surroundings, [Get Out, Get Active](#) promotes a programme of opportunity to explore the amazing countryside on your doorstep.

Looking after yourself

Taking care of yourself is the most important thing you can do to stay fit, alert and healthy. We've got a range of services on or near campus who can offer you practical support and advice if you need it.

Support resources and self help

The University has a range of resources which are designed to give you some ideas on how you can take action to help stop problems escalating and investigate potential solutions. These include:

[Big White Wall](#), free and anonymous online professional support with trained counsellors

[Meditation and relaxation downloads](#) – free downloads to support relaxation, mindfulness and feeling more calm

Improve your academic skills

Here's the workshops that are coming up this week from [Skills@Library](#):

- Academic language: developing your vocabulary - Thursday, March 07, 2019
- Writing your final year research project (UG) - Thursday, March 07, 2019
- Express: how to read an academic article - Monday, March 11, 2019
- Academic language: from sentence to paragraph - Monday, March 11, 2019

We'll be releasing more courses soon, so sign up for [workshop alerts](#) or check [the library website](#)

New LUU Exec

On Friday 1 March, your new Student Exec was announced! In case you missed it, the results are:

- Union Affairs – Lauren Huxley
- Welfare – Amy Wells
- Equality and Diversity – Chlo Elliot
- Education – Abiha Khan
- Community – Cat Fairbairn
- Activities – Lydia Evans
- Gryphon Editor – Ed Barnes

Congratulations to all who stood, campaigned, and most importantly everyone who voted.

Hall Awards

Loved your time in halls? [Nominate someone who helped](#).

The Hall Awards are a celebration of the incredible students within the Halls of Residence that have contributed towards the community by providing events, activities, opportunities and support to their neighbours.

The Hall Exec, Subwardens and entire halls teams can help make your experience in halls one to remember, make sure you let them know they've made a difference.

Nominations close on 26 March.

Global careers week

The business school are running a series of events for [Global Careers Week](#) this week. [Book your place](#) for a talk this afternoon about the implications of Brexit for EU and UK citizens (3pm – 4.30pm). You can also go along to the Liberty building on Friday to hear from inspirational female alumni across the world for the business school's [International Women's Day event](#) (2pm – 4.10pm)

Have your say

[Tell us what you think](#) about the services provided by our security team, cleaning team, print and copy bureau, University mailroom, and our facilities support services team who provide and look after our teaching space facilities.

All fully completed surveys will be entered into a prize draw to win one prize of £50 and two prizes of £25. The survey closes on 5 April 2019.

Leeds Piano Festival

[Leeds Piano Festival recitals](#) are currently taking place, and you can apply for reduced £5 tickets for some of the events.

Select your seat through the online booking system – once the seat is selected, on the right hand side you'll see FULL PRICE with a drop down menu next to it; select the 'Full time student' option and their ticket will automatically be reduced to £5.

Tickets can also be booked in person at the Box Office if they show their student ID, and over the phone at 0113 222 3434.

LUU encourage sex positivity

This is a [week of events](#) running from 4 - 10 March organised by Leeds University Union's Equality and Diversity Officer Tamsin Scott. The "Sex Sessions" are discussions aiming to spark conversation and ask questions that we wouldn't usually ask about sex.

What's On

[Robot fighting GIAG](#) – Wed 6 March, 2-3.30pm Rhodes Lecture Theatre (Electrical Engineering)

[University Mental Health Day](#) – Thu 7 March, 10-4pm LUU

[Venture](#) (outdoor volunteering) GIAG – Sun 10 March, 5.30-6.45pm, Baines Wing 1.06

[Intro to international sports and martial arts](#) – Mon 11 March, 1-4pm The Edge (£2)

[Global Café World Unite Festival](#) – Mon 11 March, 5.30-7.30pm LUU's Common Ground

[Nightline GIAG](#) – Mon 11 March, 6-7pm, Baines Wing 1.14

[Food Workshop for World Unite Festival](#) – Wed 13 March, 4-6pm, No venue announced.

[World Unite Carnival and Flag Parade](#) – Fri 15 March, LUU and outside (deadline for signing up to carry a flag is Thu 7 March)

Find the complete list of What's On at [LUU's website](#) and the [For Students calendar](#)