

Take a relaxation break—
drop in to the Career
Development Service
seminar room for some
soothing sounds, free herbal
tea, or a book a treatment
session.

Email cindy.dring@nuigalway.ie



**Don't forget our free
weekly Meditation ses-
sions with Moya Roddy,
every Thursday
1:10 pm – 2pm in
the Art Gallery, the
Quad.**

Want to talk with a counsellor?

You don't need an appointment to see a counsellor for the first time. There is a drop- in every day from 2.15 to 4.15 (last entry 3.45), so you can just come along any afternoon that you are free. The drop- in is run on a first come, first served basis.

Day by day guide

Monday 30th Nov

10:00AM - 1:00 PM: Massage

2:00 PM - 5:00 PM: Massage

Monday 7th/14th Dec

10:00AM - 1:00 PM: Massage

2:00 PM - 5:00 PM: Massage

5:30PM – 7:30 PM: Chill & Chat

Tuesday 1st/ 8th/ 15th Dec

10:00 AM - 1:00 PM: Massage

2:00 PM - 5:00 PM: Massage

Wednesday 2nd Dec

10:00AM– 2PM: Reflexology

2PM – 5PM: Hypnotherapy

Wednesday 9th/ 16th Dec

10:00AM– 3:30PM: Reflexology

3:30PM – 4:30PM: Restorative Yoga

Thursday 10th Dec

10:00AM– 3:30PM: Reflexology

3:30PM – 4:30PM: Restorative Yoga

Daily throughout exams: 8 A.M. Mass and 'Breakfast in a bag'

See our website for more information
www.nuigalway.ie/student_services/



NUI Galway
OÉ Gaillimh

Exam De-stress Programme

30th Nov – 16th Dec



**Feeling frazzled? Can't focus?
Exhausted? Totally stressed?**

We're here to help!

Health Promotion Service

Chaplaincy

Sport & Recreation Unit

EXAM DE-STRESS PROGRAMME

TO BOOK AN APPOINTMENT E-MAIL CINDY.DRING@NUIGALWAY.IE



Massage

Ashling Battersby

Feeling tense? Massage

therapy provides general relaxation within muscles, improves concentration, helps mental fatigue, increases productivity, promotes clearer thinking, aids relaxation and balance, releases anxiety, elevates mood, helps headaches and migraines, boosts the immune system, and improves circulation. Ashling offers a choice of massage styles, tailored to suit your needs and desires. Choose between Deep Tissue Swedish massage to release deeply-held tension, Lymphatic Drainage massage to boost the immune system, Indian Head massage for gentle relaxation, or Sports Injury manipulation for stressed shoulders.

30 min. for €10 student/€20 staff



Reflexology

Jennifer Brown

Reflexology is based on the principal that the whole body's anatomy is reflected in the soles of the feet. It offers a pleasant form of deep relaxation, relief from fear, anxiety and frustration, improved quality of sleep, pain relief, improved circulation, prolonged concentration, rejuvenation that re-energises mind & body, and restored balance throughout the body. 30 min. for €10 student/€20 staff



Hypnotherapy

Michael Mullen

Are you worried about exams? Do you suffer with anxiety problems or go weak with the thought of doing a presentation? Then maybe hypnosis can help you to feel more relaxed and in control. Feel more confident and allow the words to flow out as you deliver presentations. Help boost your concentration levels and control your stress. After your treatment you will get a CD that you can use at home, to enhance the effectiveness of the session.

30 min. for €10 student/€20 staff



Restorative Yoga

Aoife Landers

The antidote to stress is relaxation. Relaxation is a state in which there is no movement, no effort, and the brain is quiet. Restorative Yoga focuses on relaxation, renewal, effortless and ease. Blankets, bolsters, straps, and other props safely support the body in various postures which allows the body to move towards a state of balance. This practice soothes your nervous system, helps you quiet your mind and invites you to release deeply held tension. This is a group session, but numbers are very limited, so book early.

30 min. for 4€ Students / 8€Staff

Venue: Career Development Service Seminar Room

All of our therapists are qualified and experienced.



'Chill & Chat'

From the Sports & Recreation Unit

Join us in the Acoustic Room, Áras na Mac Léinn. This is a **FREE** informal session where you are free to drop in and take a break for as long as you like. Information on gentle stretching and tips for physical activity to de-stress will be available. Also, everyone who comes will be able to enter a draw for some great prizes. Dates: Dec. 7th and 14th; Time: 5:30 to 7:30PM.



From the Chaplaincy....

An early morning Mass will be held in the Chapel at 8am each exam day, followed by a take-away 'Breakfast-in-a-Bag'. **Exam Support Personnel** will be available at each exam venue to offer help, support, advice and practical assistance to students before, during and after exams. They will be clearly identifiable and are trained to respond appropriately to the many issues that can arise on the day of an exam.

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