

Monday 28th Nov/5th/12th Dec

Massage 10am-2pm

Ear Acupuncture Drop-in 12.00pm-2.00pm

Acupuncture 2.30pm-3.30pm (28th Nov)
2.30pm-5.30pm (5th & 12th Dec)

Tuesday 29th Nov/6th/13th Dec

Massage 10am - 2pm

Stress Management & Relaxation 1.10pm-1.50pm

Hypnotherapy 3pm-5pm

Wednesday 30th Nov/7th Dec

Massage 10am-2pm

Ear Acupuncture Drop-in 12:00-2:00pm (7th Dec only)

Acupuncture 2.30pm-5.30pm (7th Dec only)

Thursday 1st/8th Dec

Reflexology 10am-3pm

Restorative Yoga 1pm-2pm

Hypnotherapy 3pm-5pm

Friday 2nd/9th Dec

Craniosacral Therapy 10am-2pm

	Students	Staff
Stress Management & Relaxation	Free	Free
Ear Acupuncture	4€	6€
Restorative Yoga		
All Other Therapies	10€	20€



Exam de-stress tips!

Sleep Well: Get 6 to 8 hours, at least on most nights, and you will be able to concentrate better, recall information, and keep up your energy levels

Eat Well: Don't skip meals, especially breakfast. Eat 5 or 6 smaller meals instead of 3 bigger ones. Pack a piece of fruit, a handful of nuts, or some cheese and crackers as a healthy snack.

Drink Water: Staying hydrated helps to keep you alert. Avoid too many energy drinks or other caffeine-laced beverages, as caffeine impairs your study ability.

Take Rest Breaks: Taking rest breaks during times of high mental stress enhances your energy levels and your ability to concentrate on and retain vital information. Get up, stretch your body, walk around, go outside to re-oxygenate yourself and grab a drink.

Move Your Body: Exercise is vital at any time, but especially during exams. Just 15 minutes of physical activity will help to keep you alert, calm and focused.



Is exam stress getting the better of you? We can help!

For information or To book your place email: destressbooking@nuigalway.ie

Include your mobile number and preferred appointment times, or call in to the Wellness Centre in the Hub, Áras na MacLéinn.

Choose your own way
to de-stress. Email -
destressbooking@nuigalway.ie

Massage:

Aisling Battersby, Dip Nat, Dip Spl, Dip Ma, Dip Ref.

Feeling tense? Massage therapy provides general relaxation within muscles, improves concentration, helps mental fatigue. Aisling 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. **Booking required**

Reflexology:

Jennifer Brown, Dip. Reflexology

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 and body, and restored balance.

Booking required

Restorative Yoga:

Marese Cregg

The antidote to stress is relaxation. Restorative Yoga focuses on relaxation, renewal, effortlessness and ease. 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!

Hypnotherapy:

Michael Mullen, MICHP, D.HP, ADV DHP, Hypnotherapist

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 write an essay or deliver presentations. After your treatment you will get a CD that you can use at home, to enhance the effectiveness of the session.

Booking required

Craniosacral Therapy:

Siobhán Doran, M.Ost DO, GOSc, Reg Osteopath

Craniosacral therapy is a treatment that supports the body's self healing mechanism to restore it to a state of balance. Through the gentle palpation of the bones of the skull, sacrum and pelvis, we work with subtle movements of the membranes and fluids in the body encouraging the release of any tensions, improving blood flow, easing aches and pains and promoting relaxation. **Booking required**



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.

Venue: Wellness Centre, back of the Hub, Áras na Mac Léinn

www.nuigalway.ie/student_services/health_promotion

Acupuncture / Ear Acupuncture:

Karen Egan, Lic. Ac. TCM

The ancient practice of Acupuncture is a holistic approach to health care that is based on the principle that energy circulates through pathways in our body. When this energy is blocked or depleted, imbalance results in disharmony, which can cause lack of energy, pain, lowered immune system or illness. The insertion of very fine acupuncture needles in selected points along the meridians can correct the imbalance and promote wellbeing. **Booking required.**

Ear Acupuncture is similar to Acupuncture, but is limited to the external ear area. It has been shown to release endorphins, or 'feel good' chemicals in our bodies, relieving stress and promoting deep relaxation. **No booking required—Drop-in**

Stress management and relaxation:

Geraldine Connolly, NUIG Student Counsellor

This session will provide an overview of good stress management, plus an experience of calming, breathing and relaxing during the half hour. Learn some practical de-stressing skills that you can use whenever you need them. Numbers limited. **Booking recommended, but not required.**

Exam De-stress Programme
Nov 28th - Dec 13th, 2011
destressbooking@nuigalway.ie

Free meditation sessions with Moya Roddy Thursdays
1:10pm-2pm in the Art Gallery, the Quad.

Drop in Counselling Service every day from 2.15pm to
4.15pm (last entry 3.45pm) No. 5 Distillery Road