



**BEING MORE
RELAXED IN
UNI-LIFE**

with mindfulness and self-compassion

How does stress manifest in your body and mind? How do you care for yourself during times of stress? Do you ever feel isolated when facing stress in university life? In this four-week course, you'll have the opportunity to explore these questions through mindfulness and self-compassion. In our small online group, you'll discover that experiencing stress is a normal part of being human. Instead of battling these stressful feelings, which often adds more stress, I encourage you to experiment with mindfulness and self-compassion practices. During our time together, I'll present a variety of tools and strategies, empowering you to discover which resonate best with you and your lifestyle.

We'll gather **online for one hour each week** in a small group, consisting of five to a maximum of fifteen participants. Attendance at the first online session is mandatory to enroll in the course.

Furthermore, I'll provide supplementary materials through an online platform. Here, you'll find a brief summary of the previous session and suggestions for activities such as mindful tea rituals or meditations to try between sessions.

Kindly make sure that you can attend regularly to get the most out of this course.

This course is tailored for international students but is open to all students who are comfortable participating in English. **It is open to students of all locations of the Studierendenwerk OstNiedersachsen**

Dr. Sybille Hübner
MSC Trained Teacher, course instructor

**Registration
& more info**

Dates

28.04. – 19.05.2025
every Monday, 2 – 3 p.m.

06.06. – 27.06.2025
every Friday, 10 – 11 a.m.

03.11 – 24.11.2025
every Monday, 1 – 2 p.m.

