

‘Coping With Covid’

Improving Wellbeing for Students During the Covid-19 Pandemic

Free Online Course
Starts Tuesday 17th November 3-4pm

A four session course with advice and support to help you to:

- Calm your body
- Maintain a helpful routine
- Manage your worries
- Improve your sleep



Register for the course online: <https://forms.gle/Fc6yi9waQM7FRdM28>

“It’s ok not to be ok”