

FREE ONLINE MINDFULNESS DROP-INS FOR AGES 16-18

Run by the Mental Health Support Team (MHST)

Feeling stressed about exams?

Exam season can feel overwhelming. We're here to help. Join our friendly mindfulness drop-ins to tune in, breathe, and make some time for yourself.

Mindfulness means paying attention to the present moment with curiosity rather than judgement.

It can help reduce stress, improve focus, and support wellbeing

What happens in a session?

- 2 short mindfulness practices
- A chance to try different techniques
- No pressure to speak or turn your camera on
- 30 minutes long

When are sessions?

- Thursday 30th April
5:00pm-5:30pm
- Thursday 7th May
5:00pm-5:30pm
- Thursday 14th May
5:00pm-5:30pm

**JOIN ANY WEEK - NO BOOKING
NEEDED. JUST SCAN THE QR
CODE TO JOIN THE MEETING**

