

Student Well-being at Nova SBE

ACADEMIC YEAR 20_21



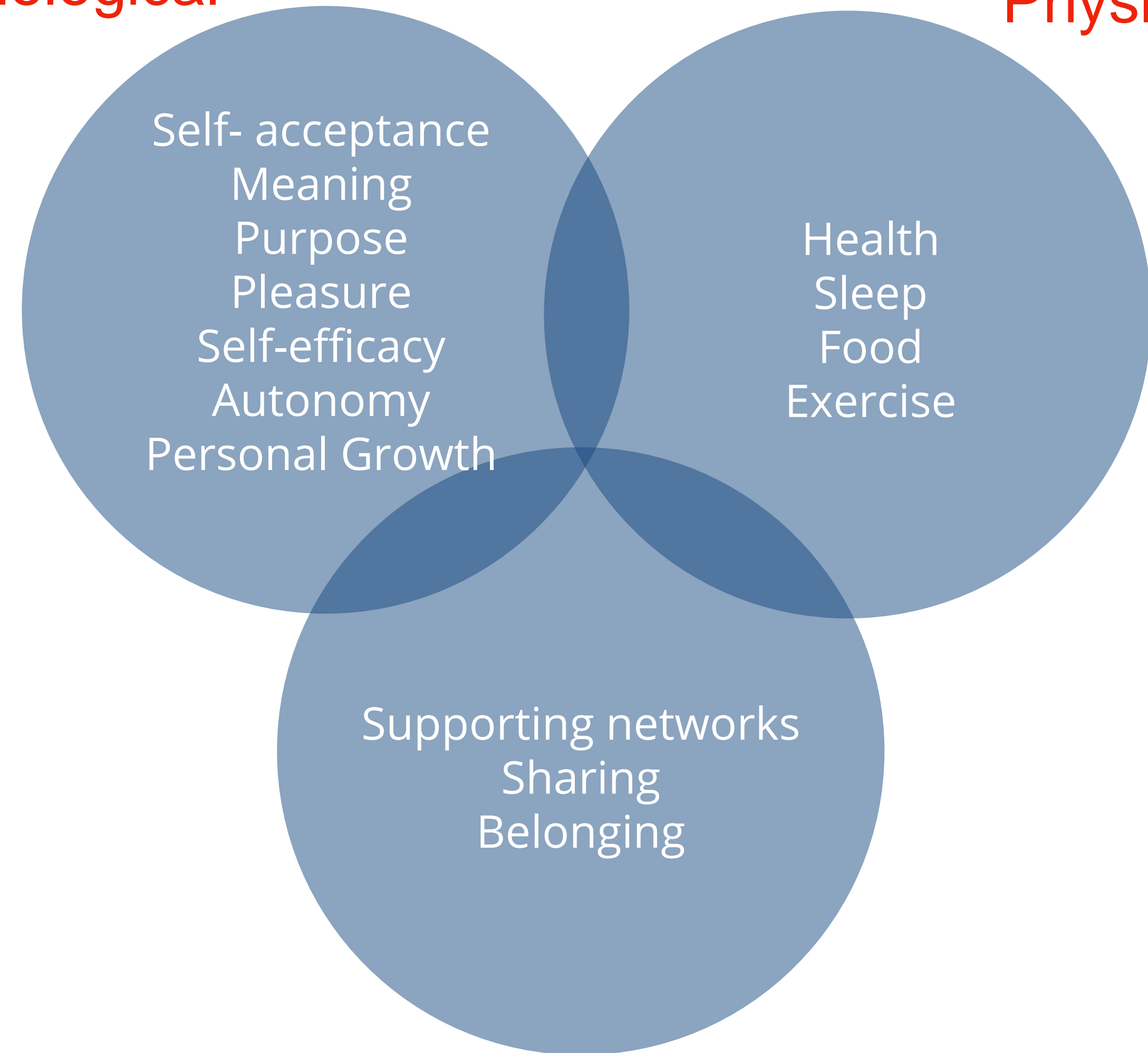
We aim to promote a healthy, supportive and engaging student experience, where **students can thrive.**



Well-being has 3 dimensions:

Psychological

Physical

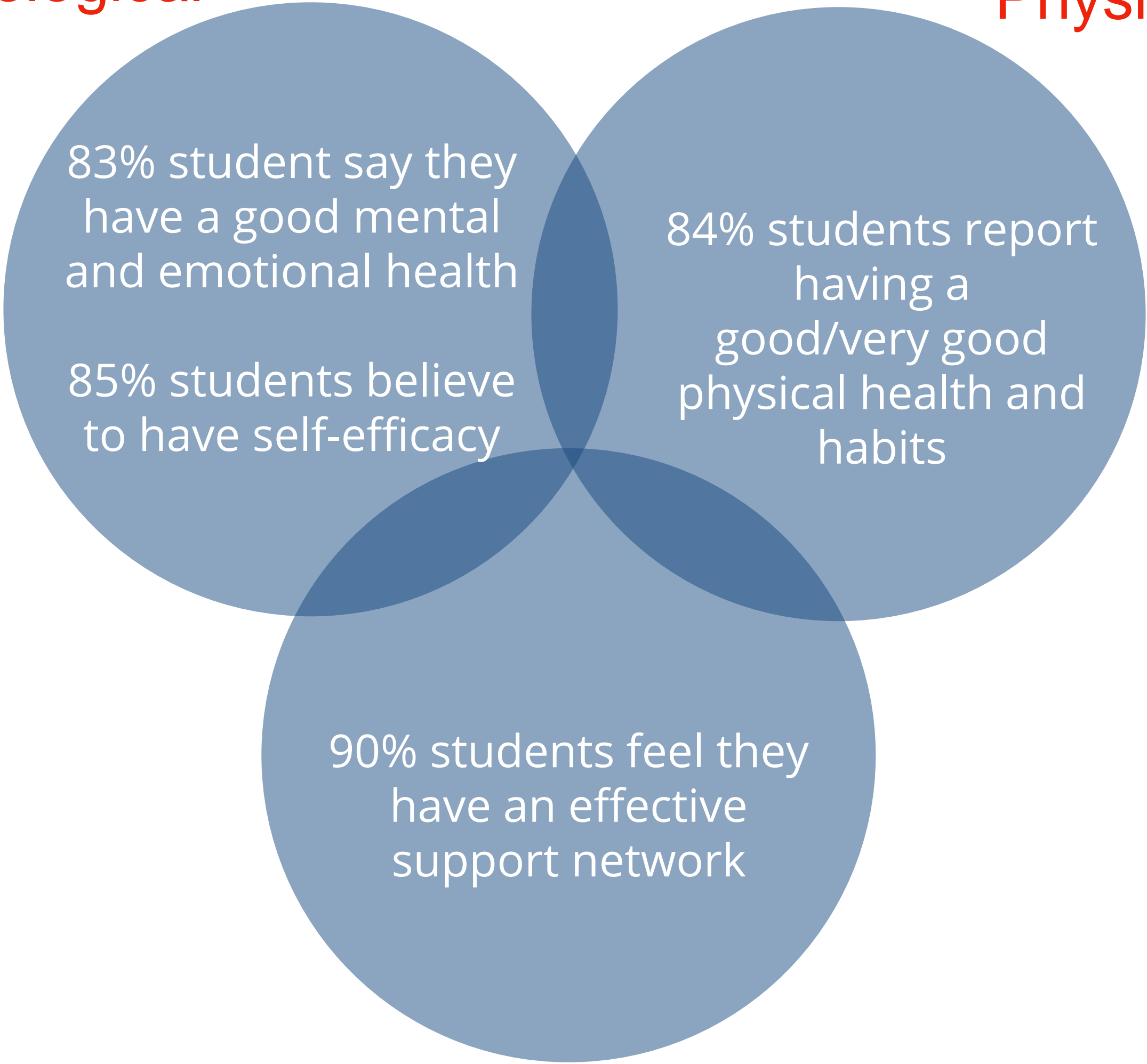


Social

QUALITY OF LIFE SURVEY

Psychological

Physical



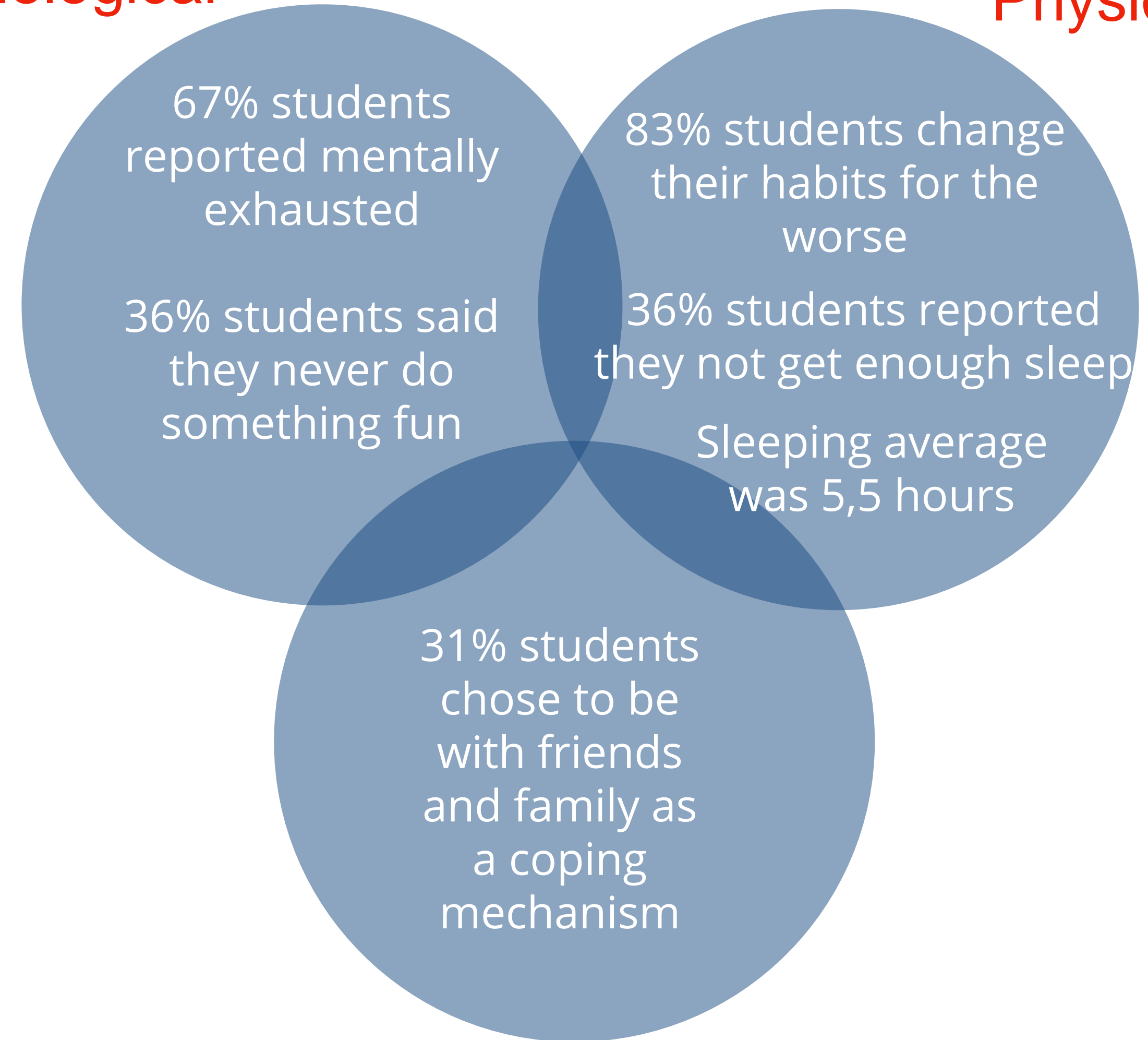
Social

There was high evidence of deterioration of healthy habits during peak/exam seasons, what can lead to exhaustion.



Psychological

Physical



Social

Reflection

- Peak times won't last forever, and can help build resilience
- Some stress can motivate yourself and help you focus
- Self-management is very important

Peak times can put you down...



Enjoy your experience!





Madalena Marques da Silva



Pedro Neves

What do we offer?

- Counselling / Coaching
- Group Open Talks
- Mindfulness
- Well-being resources
- Personal development workshops
- Well-being week and mental health talks



What do we offer?

COUNSELLING / COACHING SESSIONS (FREE AND CONFIDENTIAL)

Aimed for students who intend to explore their potential, improve their relationships and their quality of life, and for those that experience moments of stress, anxiety, depression and other psychologic problems.

Psychology's goal is to highlight individual characteristics and to promote a person's potential, by improving self-knowledge in a process of constant personal development and fulfilment.

To schedule a session [send email to sdw@novasbe.pt](mailto:sdw@novasbe.pt)

What do we offer?

GROUP OPEN TALKS

To increase connection, engagement and promote sharing of coping strategies between students.

- ✓ Every Thursday at noon, via Teams.
- ✓ Maximum of 8 students per session.
- ✓ Topics pre-announced at Thrive or decided in the session.
- ✓ Privacy assured (we ask for student ID to be sure that students will participate constructively)

To participate **send email to sdw@novasbe.pt**



What do we offer?

MINDFULNESS COURSE

In this course you can learn the scientific basis of meditation, and invaluable information for efficient stress reduction, wellbeing and happiness. Such tools will be your best resource to face the anxiety and uncertainty we live today.

Instructor: Susana Novais Santos, PhD.

Susana is a neuroscientist, experienced meditation practitioner and certified teacher by the Mindfulness-Based Professional Training Institute at the University of California, San Diego (MBPTI-UCSD), following the original method by Jon Kabat-Zinn. Susana is also a ultramarathonist and open water swimming champion.

8 week course | 1,5h/week starting in September (let us know your availability) | 95 Euros/ student

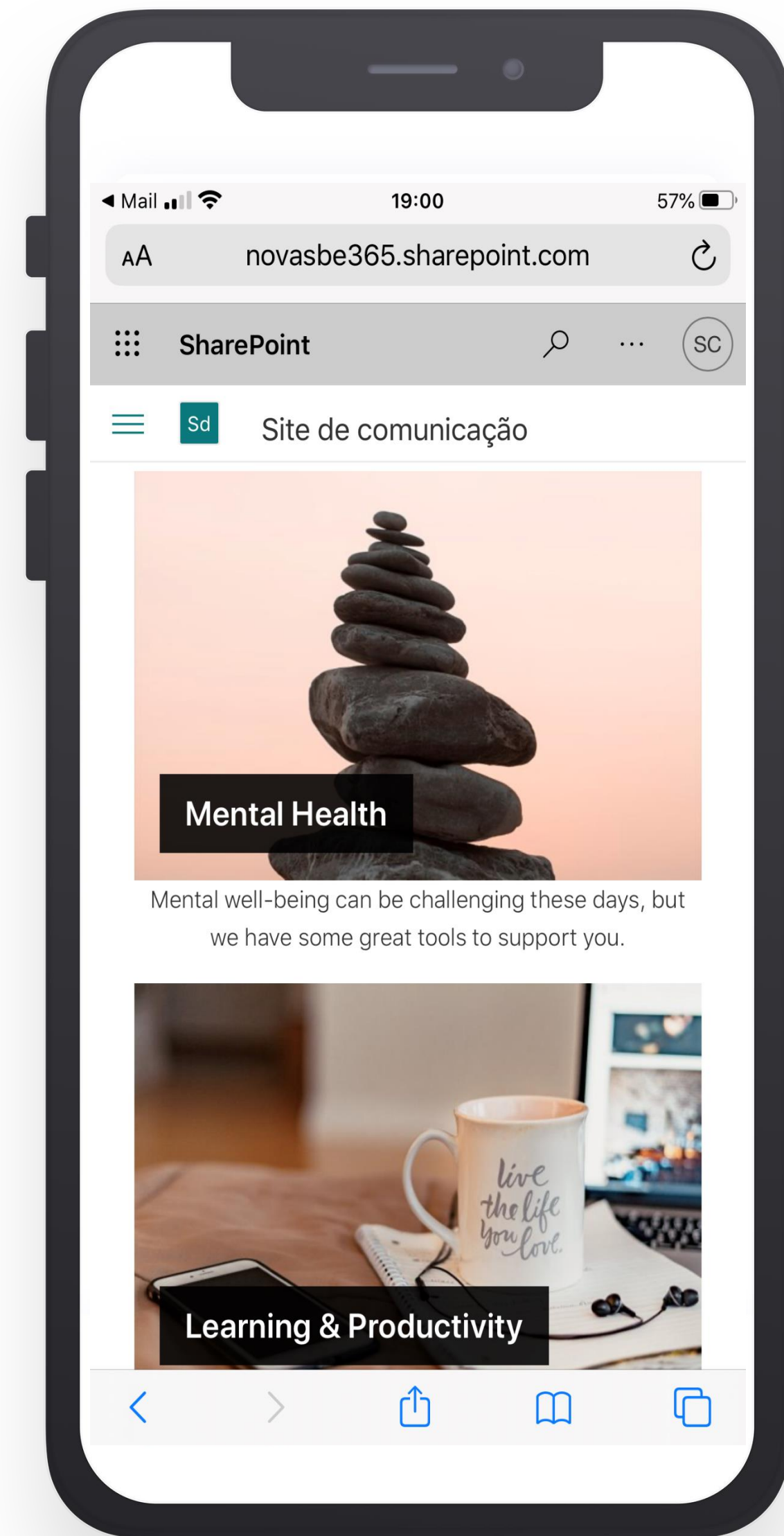
Know more [here](#). To enroll [please fill in this survey](#).

What do we offer?

THRIVE

In this wellbeing website you can find various tools for a healthy lifestyle and important mental health resources.

Check it out [here](#) and on Student Hub!



What do we offer?

PERSONAL DEVELOPMENT WORKSHOPS

To foster self-awareness and skill development.

Stay tuned to these [events at Job Teaser and What's up newsletter](#).



What do we offer?

WELL-BEING WEEK AND MENTAL HEALTH TALKS

Join in the many activities that will cater to your social, physical, and mental well-being.

Don't miss anything from free surf classes and amazing talks to relaxing massages, healthy food workshops, and so much more.

About last Well-being week...



Feel free to reach out to us!
sdw@novasbe.pt



Sofia Cília



Edite Oliveira

Thank you!

Student Development & Well-being Team

Email: sdw@novasbe.pt

Tel: 911 806 349 (private and confidential)



Illustration by Fernando Cobelo