



# Invitation

# &Chill &Charge

## Building Resilience Through Self-Care

Are you feeling overwhelmed by the demands of student life? Do you need practical coping skills to navigate through life's challenges with more ease and resilience? We're excited to invite you to join our "Mindful Moments" series, designed specifically for students like you!


In these interactive sessions, we'll explore a variety of self-care techniques and wellness strategies that you can incorporate into your daily routine. From mindfulness practices and relaxation exercises to creative outlets and physical activities, each session will be packed with practical tips to help you feel more balanced, focused, and empowered.

### For further information contact:

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### Schedule

 Every last Friday of the month

 12:30-13:00

 MS Teams

Register for the first Chill  
& Charge session  
on 26 April

