“The Annual Wellbeing Programme – Powered by the Carl Rogers Counselling Centre”

Supporting minds; empowering students; building community.

Academic Year 2026 – 2027

Pause @Carl Rogers

Because student life is more than grades. It’s about you.

Month	**Event - Action**	
OCTOBER **Date: 30/9/2026**	Induction UG	Meet Carl Rogers Counselling Centre Presentation of the Centre & event plan for the academic year
“Mental Health Awareness Month” **Date: 21/10/2026**	**Theme:** Mental Health Awareness	**Signature Mental Health Event** “It’s OK Not to Be OK”
NOVEMBER “Stress & Burnout Prevention” **Date:13/11/2026**	**Theme:** Dealing with Stress, Anxiety and Burnout	**Activity Title: “**Pause Room” One-day campus wellbeing space: • Group Therapy • Colouring • Tea station • Breathing exercises

DECEMBER "Loneliness, Holidays & Emotional Wellbeing" **Date:11/12/2026**	De-stress	**Activity Title:** "De-Stress December" Drop-in: • Hot chocolate • 10-minute relaxation sessions • Gratitude wall
JANUARY "Exams, Assessments & Performance Anxiety" **Date: 25/1/2027**	**Theme:** Dealing with Academic Performance Anxiety	**Activity Title:** "Tea & Talk Week" Short informal conversations with counsellors / students in MSc programmes, during assessment weeks.
FEBRUARY "Relationships & Connection" **Date: 12/2/2027**	**Theme:** Love is in the air!	**Title:** "Healthy Relationships 101" Topics: • Boundaries • Communication • Emotional availability • Toxic dynamics
MARCH "Identity, Growth & Motivation" **Date: 12/03/2027**	**Theme:** Know thyself: Admitting is the first step to Understanding	**Activity** Related to: International Women's Day (08/03) **Talk:** "Women, Pressure & Perfectionism"

APRIL "Self-Care & Emotional Regulation" **Date: 5/4/2027**	**Theme:** Breath in, breath out!	**Activity Title:** "Mindfulness on Campus" ***PART OF THE COLLEGE'S WELLBEING WEEK*** Outdoor mindfulness or walking meditation session (Yoga session)
MAY "Final Exams / Assessments & Resilience"	**Theme:** Resilience, coping, success and self-belief	**Campaign Title:** "One Small Thing" Encourage tiny wellbeing actions during assessment period: • Drink water • 5-minute walk • Text a friend • Sleep before 2am