

University of St Andrews School of Psychology & Neuroscience

Wellbeing Week 2020 26th-30th October

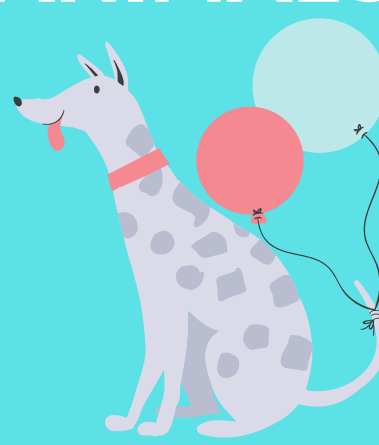


Please join us for a week of online wellbeing activities, meet-ups and learning for staff and students. Details of each day's activities to follow...

MONDAY MUSIC



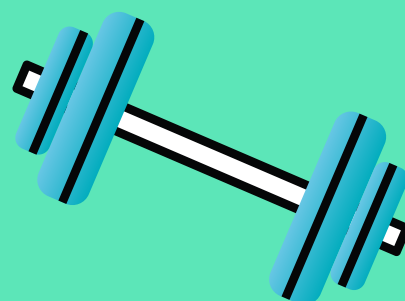
TUESDAY ANIMALS



WEDNESDAY MINDFULNESS



THURSDAY EXERCISE



FRIDAY FRIENDSHIP

