



Coleg Gŵyr Abertawe
Gower College Swansea

World Mental Health Week

During your college day

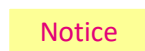
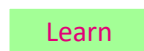


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Student Enrichment



CGA Egniol
GCS Active

Time	Monday	Tuesday	Wednesday	Thursday	Friday
09:00	Rise & Shine Yoga (suitable for chair)	Mindfulness Minute	Rise & Shine Yoga (suitable for chair)	Mindfulness Minute	Live Wake Up With Josh
Lunch	Tips from your Enrichment Team Paul / Helen / Josh / Bernice	Join the GCS Owls eSports Team	Take a look at the online library	GCS Activators Email: Josh Jordan	TogetherAll Drop in Chat @ Enrichment Offices Tycoch Atrium Gorseinon Canteen
17:00	Easy Exercises For All Abilities	Digital Ambassadors Email: Joanne Harris	GCS Active Challenges Send scores on Instagram Squat Plank Burpee	TogetherAll	RUOK? Ask a friend if they are ok Click here to find out how





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Suggestions for your spare time



Time	Monday	Tuesday	Wednesday	Thursday	Friday
At your leisure	Get Active and take yourself for a Run	Take time for yourself and follow an online Yoga session	Set yourself a weekly exercise goal and stick to it.	<u>The Choice</u> Choose to make better decisions today	Join a club or society, Share your hobbies with like-minded people. <u>Click here for GCS Clubs</u>
At your leisure	Do something for yourself Read a book, Go for a walk, Watch T.V	Volunteer with a local charity or do some fund raising for a cause you care about.	<u>Coping With Anxiety</u>	Make time for some friends, think of someone you haven't spoken to in a while and give them a call	<u>Boho Beautiful Yoga session - Get energized</u>
At your leisure	Cook yourself a healthy meal	<u>Home HIIT Exercise</u>	It's black history month to it's the perfect time to educate yourself on this important topic.	Go for a walk while listening to your favourite music.	<u>Declutter your life and start by tidying your room</u>



Give

Active

Connect

Learn

Notice

