

MOVE 4 MIND

For more information, or to register please contact Counselling Services via email at counsel@unb.ca with your name, student number and phone number

Join a transformative four-session program, designed to initiate and guide you on your path to physical activity and enhanced mental wellbeing. Regular physical activity is proven to boost mental health, lower stress and improve mood. Benefit from a supportive community that motivates you on your wellness journey.

The group is open to any student from UNB or STU campuses.



GROUPS:

A - Jan 24, 31, Feb 7, 14 - 9:30 am

B - Feb 1, 8, 15, 22 - 2:30 pm

C - Feb 29, Mar 14, 21, 28 - 2:30 pm

D - Mar 13, 20, 27, Apr 3 - 9:30 am

Group Room, Counselling Services



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Personalized Movement Discovery: Explore and find physical activities that personally appeal to you!

Beyond the Gym Approach: Focus on developing a mindset for independent physical activity, not just gym workouts.

Identifying and Overcoming Barriers: Address common obstacles to staying active, with strategies to overcome them.

Motivation through Goal Setting: Use goal setting and peer support to build and maintain motivation for regular activity.

Guided Workbook: We provide you with a workbook that will guide you through the work and keep you going.

Discover Your Movement: "Move Your Mind," is tailored for students seeking to build their mental wellbeing through exercise. We understand that everyone's journey is unique, which is why our primary focus is **to help you explore and discover the type of physical activity that resonates with you personally**. Whether it's a tranquil walk in the park, an energizing dance class, or anything in between, finding what moves you is the first step towards a healthier mindset.

Overcoming Barriers: We recognize that various obstacles can hinder your commitment to stay active. Our group sessions are designed to identify these common barriers and provide practical strategies to overcome them. **From lack of motivation to worries about being judged, we'll work together to troubleshoot problems and find sustainable solutions.**

Building Motivation: A critical component of maintaining an active lifestyle is motivation. We emphasize goal setting and harnessing the power of social and peer support to keep you motivated. **Through shared experiences and encouragement, you'll not only foster your own determination but also contribute to the collective energy of the group.**

Mindset and Tools: **It's important to note that our group isn't about taking you to the gym**—though we can certainly assist with that. **Our aim is to cultivate the mindset and equip you with the tools necessary to initiate and maintain physical activity independently.** We're here to guide you in developing a personal, active routine that enhances your mental wellbeing and fits into your life seamlessly.