

Take a relaxation break—drop in to the Career Development Service seminar room for some soothing sounds, free herbal tea, or to book a treatment session. All of our therapists are fully qualified and experienced. All appointments must be booked in advance.

To book e-mail [cindy.dring@nuigalway.ie](mailto:cindy.dring@nuigalway.ie)

## **DON'T FORGET OUR FREE MEDITATION SESSIONS WITH MOYA RODDY, EVERY THURSDAY**

**1:10 pm – 2pm in the Art Gallery, the Quad.**

### **Want to talk with a counsellor?**

You don't need an appointment to see a counsellor for the first time. There is a drop-in every day from 2.15 to 4.15 (last entry 3.45), so you can just come along any afternoon that you are free. The drop-in is run on a first come, first served basis. Call in to 5, Distillery Road.

See our website for more information  
[www.nuigalway.ie/student\\_services](http://www.nuigalway.ie/student_services)

## **WELLBEING DURING EXAMS**

### **Sleep well**

Get 6 to 8 hours, at least on most nights, and you will be able to concentrate better, recall information, and keep up your energy levels.

### **Eat well**

Don't skip meals, especially breakfast. Eat 5 or 6 smaller meals instead of 3 bigger ones. Pack in the nutrition by eating healthy snacks, such as a piece of fruit, a handful of nuts, or some cheese and crackers.

### **Drink water**

Staying hydrated helps to keep you alert. Avoid too many energy drinks or other caffeine-laced beverages, as caffeine impairs your study ability. And even a small amount of alcohol can interfere with your sleep quality.

### **Take rest breaks**

Taking rest breaks during times of high mental stress (such as exam periods) enhances your energy levels and your ability to concentrate on and retain vital information. Get up, stretch your body, walk around, go outside to re-oxygenate yourself and grab a drink. You may also wish to try meditation or deep breathing.

### **Move your body**

Exercise is vital at any time, but especially during exams. Just 15 minutes of physical activity will help to keep you alert, calm and focussed.

### **Treat yourself**

Nurture yourself during this busy time with a daily treat after a study session, taking a walk, working out in the Kingfisher, listening to good music or having a massage.



**NUI Galway**  
**O'É Gaillimh**

## **Exam De-stress Programme 19th – 30th April, 2010**

**FEELING FRAZZLED? CAN'T FOCUS?  
EXHAUSTED? TOTALLY STRESSED?**

**We're here to help!**

**Health Promotion Service**

**Chaplaincy**

**Sport & Recreation Unit**



**STUDENT SERVICES**  
[www.nuigalway.ie/student\\_services](http://www.nuigalway.ie/student_services)

## Massage

Ashling Battersby



Feeling tense? Massage therapy provides general relaxation within muscles, improves concentration, helps mental fatigue, increases productivity, promotes clearer thinking, aids relaxation and

balance, releases anxiety, elevates mood, helps headaches and migraines, boosts the immune system, and improves circulation. Ashling offers a choice of massage styles, tailored to suit your needs and desires. Choose between Deep Tissue Swedish massage to release deeply-held tension, Lymphatic Drainage massage to boost the immune system, Indian Head massage for gentle relaxation, or Sports Injury manipulation for stressed shoulders.

**30 min. for €10 student / €20 staff**

## Reflexology

Jennifer Brown



Reflexology is based on the principal that the whole body's anatomy is reflected in the soles of the feet. It offers a pleasant form of deep relaxation, relief from fear, anxiety and frustration,

improved quality of sleep, pain relief, improved circulation, prolonged concentration, rejuvenation that re-energises mind & body, and restored balance throughout the body.

**30 min. for €10 student / €20 staff**

## Hypnotherapy

Michael Mullen



Are you worried about exams? Do you suffer with anxiety problems or go weak with the thought of doing a presentation? Then maybe hypnosis can help you to feel more relaxed and in control.

Feel more confident and allow the words to flow out as you deliver presentations. Help boost your concentration levels and control your stress. After your treatment you will get a CD that you can use at home, to enhance the effectiveness of the session.

**30 min. for €10 student / €20 staff**

## Restorative Yoga

Aoife Landers



The antidote to stress is relaxation. Relaxation is a state in which there is no movement, no effort, and the brain is quiet. Restorative Yoga focuses on relaxation, renewal, effortlessness and ease.

Blankets, bolsters, and other props safely support the body in various postures which allows the body to move towards a state of balance. This practice soothes your nervous system, helps you quiet your mind and invites you to release deeply held tension. This is a group session, but numbers are very limited, so book early.

**1h hour for €5 student / €10 staff**

## From the Chaplaincy....



An early morning Mass will be held in the Chapel at 8am each exam day starting 19/04/10, followed by a take-away 'Breakfast-in-a-Bag'. Exam Support Personnel will be available

at each exam venue to offer help, support, advice and practical assistance to students before, during and after exams. They will be clearly identifiable and are trained to respond appropriately to the many issues that can arise on the day of an exam. Also, take a break– come to the Chaplaincy Garden Party, Sunday, May 2nd at 2pm, in Án Gairdín Sosa, beside the chapel. Check out the Monday night seminar programme, which continues throughout exams

[www.nuigalway.ie/student\\_services/chaplains](http://www.nuigalway.ie/student_services/chaplains)

## Sports and Recreation Unit



The Sports Unit understands that your priorities shift at this time of year. Walking to and from your exams will help you focus your thoughts and give you that vital bit of fresh air that is needed for

brain function. Swimming is a great way to de-stress. The Sports Centre is open 7am -10pm.

[www.kingfisherclub.com](http://www.kingfisherclub.com) for a schedule of times.

If you work out in the gym during 15mins of cardio activity will give you that feel good factor and help you relax...

### Fancy a game of five–aside?

the 2 new cages in Corrib Village can be booked free of charge from 19th April – 28th May. You must book a time. Email: [kathy.hynes@nuigalway.ie](mailto:kathy.hynes@nuigalway.ie)  
Tel: 091 49 3475. 24 hours notice is required.