

The Global Opportunities Office (GO) has offered a programme of wellbeing specifically for our Study Abroad student community – the only such programme available at a UK university.

The activities are designed to be of benefit to many different students; from those who have good physical and mental health to students who have been diagnosed with mental health issues relating to stress and anxiety, and for students who are looking to improve their physical wellbeing.

Funding from The Westfield Project was used to pay for a mindfulness course provided by **The University of Oxford's Mindfulness Centre** to teach students techniques for dealing with stress and anxiety and help build resilience.

GO is now looking to provide similar courses for QM students who will study abroad on exchange during their degree programme.

"This course has changed my life. I'll recommend it to anyone who asks."

Queen Mary University of London  
Mindfulness Course for Study  
Abroad students

"It gave me a place & time each week to stop & reflect on how I'm feeling & my mental habits."

Queen Mary University of London  
Mindfulness Course for Study  
Abroad students

"The course helped me to adjust to hectic life in London quickly."

Queen Mary University of London  
Mindfulness Course for Study  
Abroad students

"It is lovely that we got to have a life-changing experience during a complicated time like studying abroad."

Queen Mary University of London  
Mindfulness Course for Study  
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