Wednesday 20 November

Register: https://tinyurl.com/vitalityweek2019

Vitality Core Team - Mental Health Group (No registration needed)
Do you want to brainstorm about the openness between students, together with student mentors, the introduction committee and other students? Join the Vitality Core Team Mental Health Group in the central hall in Atlas during lunch hours and share your ideas!

You also have the possibility to talk to a 'listening coach' in the good conversations corner. Next to that, you can learn more about the mental health facilities at our university from Skills Lab and Professional Development.

Time: 12:00 – 13:00
Location: Atlas – TU/e Blue Zone central hall

Learn how to loosen up! A workshop ‘Relaxation for die hards’
Theme: Learn to ‘let go’ and to relax. Your breathing can help to cope more successfully with daily stress of work and study. Recommended for ‘diehards’. Comfortable clothes are advised. You have to take of your shoes before exercising.

Time: 13:00 – 14:00 (60 min.)
Location: Dojo, Student Sports Center
Teacher: Frits Niemans

Mini KANS Roadshow
Presentation with regard to computer related health problems: Complaints of the Arm, Neck and Shoulder (CANS). How to recognize and prevent these, including a short demo on how to properly adjust your workstation.

Click here for additional information with regard to CANS: https://intranet.tue.nl/index.php?id=7143&L=0

Time: 14:45-15:30 NL | 15:45-16:30 ENG (30 – 40 min.)
Location: Atlas 8.335
Instructor: Frits Niemans & Marcel Vliex

Fit Break
Special trained SSC-instructors visit your workplace and offer you and your colleagues a short program full of relaxation-, strength- and stretch exercises in small groups of 5-10 people.

Time: 15:00 – 15:15 (15 min.)
Location: Atlas
Teacher: Sherlyn
Introduction ‘Mindful in your work & life’
This introduction workshop creates an opportunity for fun and self-confidence in work and home life. A confident person makes better decisions, is a conscious thinker and has effective ways to maintain energy and optimism in the face of setbacks and pressures. Are you someone who finds it difficult to say no or to set your own limits? Are you moving yourself through negative thought patterns into a downward spiral? Is taking time for yourself and relaxing difficult? Then this workshop is for you! This workshop offers an insight into the extensive internal training within the offer of Professional Development (DPO) that systematically builds up mental and emotional power using a number of research-based methods for fast, sustainable results.

**Time:** 15:00 – 17:00 (120 min.)
**Location:** MetaForum 4.208 (MF12)
**Speakers:** Roel Leduc en Helen Beeley
**Take a look at** Intranet.tue.nl/vitality trainings for more information about vitality workshops

**Online Nutrition Advice (No registration needed)**
If you have a personal question about your diet or weight, but lack the time to visit the SSC, then you can chat with Yvonne via our special Food Coach Facebookpage.

**Time:** 17:00 – 18:00
**Location:** Facebook/SSCFoodCoach
**Food coach:** Yvonne de Kinkelder

**Assertiveness workshop**
Learn how to become more assertive in your study groups or at work or simply learn how to say no without changing who you are as a person. The workshop will include a mixture of theory and practical parts such as learning how to use your voice, your posture and some role play to put your theory into practice!

**Time:** 17:30 – 19:00
**Location:** Student Sport Center, SSC Conference room, behind Fitness 2
**Speaker:** Lara Hofstra

**Wellbeing among students**
How are you doing when it comes to wellbeing? To what extend do you experience workload issues? Are you worried about your study debt or about other things? Do you think you are all alone? Well, you’re not. In the last few years an increasing number of students experienced a heavy workload that can develop into burn-out or depression. How can we tackle this issue? The issue has been around for a few years, yet there is still much unknown about how to solve it. Therefore, Groep-één & TINT offer an informal dinner to make student wellbeing a more accessible topic and have an open discussion together with you on how to solve this complex and important issue!

**Time:** 18:30 – 21:30
**Location:** Atlas restaurant
**For whom:** Students and PhD/PDEng students only
**Costs:** €5,-
**Register:** [www.tint-eindhoven.nl](http://www.tint-eindhoven.nl)
**By:** Groep Één and TINT
Every day activities without registration during the Vitality Week

Chair massage
Experience a chair massage. This is a relaxation massage that lasts 5-10 minutes. During this massage, given in a special massage chair, you can keep your clothes on. After the massage you will feel relaxed and refreshed so you get back to work with new energy.

When: 18 - 22 November  
Time: 12:00 - 14:00  
Location: Atlas – TU/e Blue Zone  
By: Fysiotherapy students

Join Student Sports Center group lessons and open swimming hours
The Student Sports Center offers several lessons in the morning and during lunch time. During the Vitality Week all TU/e employees are welcome to try out one of these classes. Feel free to bring a colleague. A sports card is not needed!

Registration beforehand is not necessary. Just show your TU/e campus card at the SSC front info counter and fill out a voucher.

Date: 18 – 22 November  
Time Location: Check schedule ‘Group lessons & Open swimming hours’  
Info: [Infodocument Grouplessons + Voucher]

TU/e Blue zone: ‘TU/e most vital campus in the world’
Come to the central hall in Atlas to learn about and experience vitality on campus in the TU/e Blue Zone. The TU/e Blue Zone is the place to be to relieve stress, listen to music, make your own smoothie, relax after a long and busy day at work, and get free healthy snacks and gadgets.

The Vitality Core Team aims to support and create healthy initiatives at our campus. Drop by to learn more about nutrition, mental health, physical activity, physical environment and technology & vitality. We would love it if you would share your ideas with us!

Date: 18 – 22 November  
Time: 12:00 – 13:00  
Location: Atlas – TU/e Blue Zone central hall
Student Sports Centre - Special week menu

During the Vitality week there are a few special recipes at SSC Sports Café.

SSC Vitality Week Menu:

- Low-fat autumn quark | € 3,50
- Vegetable omelet | € 3,50
- Soup | € 2,00
- Grilled sandwich with pesto | € 2,50

Date: 18 – 22 November
Location: SSC Sports Café

Book a WorkWalk

Workwalk is part of the research program of the Vitality academy to encourage walking meetings. Get moving during working hours: don’t book a boring conference room via ‘Book My Space’, but book a Workwalk! Workwalk consists of a blue dotted line of two kilometers that you can follow. You can book the Workwalk as the location of your meeting and have a working meeting that takes place while walking. Route has been created by Ida Damen.

When: Every day!
More info: bookaworkwalk.com
Duration: Walking the WorkWalk takes about 25 minutes and takes you past most buildings on campus.