

Francis, Soheni

From: Shiel, Lana
Sent: 20 May 2021 11:27
To: +Math.Academic; +Math.Postdocs; +Math.PhD; +Math.Support.Staff; +Math.Teaching.Fellows;
+Math.Coru
Subject: Wellbeing May Update

Follow Up Flag: Follow up
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Dear all,

In this email:

- The wellbeing newsletter
- Free with Spotify - subscription to Headspace, the meditation app
- Recording of last week's nutrition talk
- Physical health

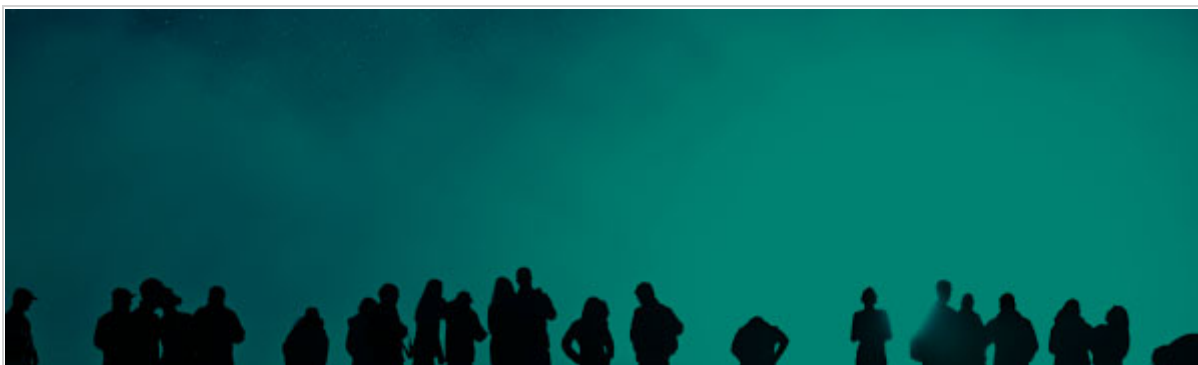
May has a large focus on wellbeing as it is Mental Health Awareness month and today, May 20th, marks the very first Mental Health Action Day, encouraging people to take steps to look after their own mental health. In keeping with the spirit of today, please find this week's wellbeing suggestions below!

1. Wellbeing Newsletter

Please find attached below the [wellbeing newsletter](#) for May. Inside you will find:

- A lunchtime seminar today for Mindful Drinking
- Training next week on Responding to Sexual Violence
- Next month's replenish festival for recharging after an incredibly challenging year

<https://sway.office.com/dvXu9Yh8UPb5ziPf?ref=Link&loc=play>



Being Well at UCL - May Newsletter

Mental Health Awareness Week (10-16 May)

[Go to this Sway](#)

2. Spotify and Headspace Meditation App Bundle

Spotify have teamed up with Headspace, the meditation app, to provide subscription to both services at a discounted price for standard Premium members, or free access to Headspace for Student Premium accounts.

Options available:

1. Spotify Premium with Headspace at a discounted price
2. Student Spotify Premium with FREE Headspace account

Did you know that you can access a Student Membership in Spotify using your UCL email address?

To register for a student account you will need to provide your UCL log-in.

Your Headspace subscription will be part of your Spotify account and you will be billed through Spotify only.

If you already have a Student Spotify account, consider making the switch from a Spotify only account to a Spotify and Headspace account.

Find information about the bundles here:

<https://help.headspace.com/hc/en-us/articles/115002916248-What-is-the-Headspace-Spotify-Bundle->

Click here to access either subscription subscription:

<https://support.spotify.com/uk/article/headspace-with-premium/>

Headspace with Premium - Spotify

Just follow these steps: Email help@headspace.com and ask to unlink your Spotify account from the incorrect Headspace account. Once that's done, log in to your correct Headspace account. Click CONTINUE WITH PREMIUM and log in to your Spotify account. Click OKAY to grant Headspace permissions.

support.spotify.com



3. Physical Movement

Check out this BBC article to do alongside - or instead of - the steps challenge for ways to reprioritise your physical health and make time for exercise each day.



Lockdown muscle loss: Five ways to get back in shape - BBC News

Millions of people missed out on regular exercise and are likely to have lost muscle mass during the Covid-19 pandemic, say experts. Nearly a third of people believed their general strength had ...

www.bbc.co.uk

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4. Nutrition Talk Recording

For anyone that missed signing up to the Nutrition Talk given by Dr Rana Conway last week, please find the link below for a recording of the session. Dr Rana Conway is a research fellow in the Department of Behavioural Science and Health at UCL. She works with the Obesity group and the Energy Balance and Cancer group. She is a registered nutritionist and has over 20 years' experience in public health nutrition including writing about healthy eater for a range of audiences.

Rana presented healthy eating ideas everyone can use, whether they need a complete diet overhaul or just want to get back on track after slipping into bad habits over lockdown. She also shared tips for adapting favourite recipes and creating new healthier eating habits.

Topic: Nutrition Talk by Dr Rana Conway Date: May 12, 2021 13.00 PM London

<https://ucl.zoom.us/rec/share/bbmuMpF08TIsXpxbqITYxi6hcV-yWlqCRnO9BiQ5ah8J1UggQlxJR5hqboqQwzcZ.Tc-Mo7UmbhpscOt>

Passcode: i8am@@T4

Warm regards,

Lana

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I am a **Health and Wellbeing Champion**.
Supporting health and wellbeing in my local area
together with [Being Well at UCL](#)

