Student Support and Wellbeing (SSW) Newsletter, May 2023

# Introduction

# As we approach exams season, there are plenty of resources to stay #ExamCalm on the [Wellbeing page](http://www.kent.ac.uk/wellbeing) and on [Instagram @UniKentSSW](https://www.instagram.com/unikentssw/), and you can find practical info on the [Exams page](http://www.kent.ac.uk/exams). Remember that the [industrial action support pages](https://www.kent.ac.uk/student/industrial-action/advice-and-support) have lots of useful info if you're worried about this.

# Graduation ceremony support arrangements

## If you're a final year student, how do you feel when you think about your graduation ceremony? If parts of the day could be made easier with extra support, [get in touch with the Congregations team](https://www.kent.ac.uk/congregations/specific-requirements).

# What else is going on this month?

## **[Free drug and alcohol group](https://www.kent.ac.uk/events/event/60310/online-drug-and-alcohol-support-group" \t "_blank)**

## [Free course for Kent students](https://www.kent.ac.uk/events/event/60310/online-drug-and-alcohol-support-group) to overcome the feelings of isolation that can accompany drug use. From Thurs 18 May.

## [**Self-compassion workshops**](https://www.kent.ac.uk/events/event/60553/self-compassion-group)

## Learn techniques for showing yourself and others compassion, and coping with overwhelm at a [group led by an SSW counsellor](https://www.kent.ac.uk/events/event/60553/self-compassion-group).

## [**Therapy dogs in Nexus**](https://www.kent.ac.uk/student/wellbeing#therapy-dogs)

During the summer term, come along to [meet a therapy dog](https://www.kent.ac.uk/student/wellbeing#therapy-dogs) and take part in other activities on the Canterbury campus.

## [**Death Café (Pilgrims Hospices)**](https://www.kent.ac.uk/events/event/60548/death-cafe-canterbury-run-by-pilgrims-hospices)

Explore thoughts and feelings at [a relaxed, informal chat about death and dying](https://www.kent.ac.uk/events/event/60548/death-cafe-canterbury-run-by-pilgrims-hospices) at this event in Canterbury.

## [**Disability-related study grants**](https://www.snowdontrust.org/grants)

[Apply online for up to £5000 from Snowdon Trust](https://www.snowdontrust.org/grants), or speak to your SSW adviser if you'd like to discuss this further.

## [**Mindfulness sessions**](https://www.kent.ac.uk/guides/mindfulness)

Our incredibly popular [weekly Mindfulness sessions](http://www.kent.ac.uk/guides/mindfulness) continue for the Summer term, online and in-person on Wednesdays.

**Remember to check the**[SSW events calendar](https://www.kent.ac.uk/student-support#events)**to find out about support groups where you can meet new people.**

# Stay connected

* [Student Support and Wellbeing webpages](http://kent.ac.uk/student-support)
* [@UniKentSSW on Instagram](http://instagram.com/unikentssw)
* Email [WellbeingEvents@kent.ac.uk](mailto:WellbeingEvents@kent.ac.uk)