



UNSW Student Life


Stress Less Week

PROGRAM
SEMESTER ONE
2016

arc.unsw.edu.au/stressless

MAJOR SPONSOR





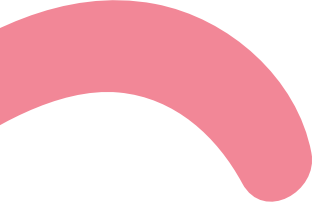
“ You have brains in your head.
You have feet in your shoes.
You can steer yourself in
any direction you choose. ”


— Dr Seuss

Take a deep breath in, and now breathe out. As someone much wiser than us once said, Hakuna Matata. It means no worries, for the rest of your days.

STRESS LESS WEEK is here to remind you that no matter how hard life gets, you don't have to face it alone, Arc is here to support you.


Bringing you FREE workshops, pancakes, goodies, and even hugs.



 arc.unsw.edu.au/wellness

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QUAD

TUE 10 MAY

ALL DAY

Brewery Markets

Chill Out Zone

UNSW Bookshop
Colouring In Corner

11AM

FREE Pancakes
FREE Chai

12PM

Black Dog
Institute Resilience
Workshop*

1PM

PopUp Club Demos
& Workshops

2PM

Quad Games

3pm

Zumba Class*

7pm

Pop-Up Pictures

WED 11 MAY

ALL DAY

Brewery Markets

Chill Out Zone

UNSW Bookshop
Colouring In Corner

Random Acts of
Kindness

11AM

FREE Pancakes

12PM

Emotional Fitness
Workshop*

PopUp Club Demos
& Workshops

1PM

Fitness Class and Q&A
with Commando Steve*

3PM

A surprise from Arc
Street Team!

THUR 12 MAY

ALL DAY

Brewery Markets

Chill Out Zone

UNSW Bookshop
Colouring In Corner

11AM

FREE Pancakes

12PM

Beyond Blue Workshop

1PM

PopUp Club Demos
& Workshops

Bike & Blend

2PM

Yoga Class*

*These free workshops have limited space. Register your spot at arc.unsw.edu.au/wellness



Chai Stall

TUE 11AM-1PM

QUAD

Chill out with free Chai! It's like a hug from the inside that will give you those feel good vibes. Brought to you by your student-run helpline, Here to Hear.

Black Dog Institute Presentation*

TUE 12-1PM

Arc TRAINING ROOMS

The Black Dog Institute is a world leader in the diagnosis, treatment and prevention of mood disorders such as depression and bipolar disorder. The first step to helping those with a mood disorder is being able to identify it. This talk, entitled 'Breaking down depression & building resilience', will enable you to feel more comfortable to communicate openly about mental health issues, and to seek help for yourself, your friends, or your family.



*These free workshops have limited space. Register your spot at arc.unsw.edu.au/wellness



Pop-Up Pictures Spectre

TUE 6.30PM

QUAD

Need to unwind? Roll out a picnic blanket, grab some mates and a pizza from The Whitehouse as you enjoy the most recent James Bond blockbuster on the Quad Lawn. You've earned it!

The Brewery Yard Market

TUE - THU 11AM-3PM

QUAD

You can't buy happiness but you can buy all sort of things at the market! Short breaks are a great way of staying on task and keeping motivated. So take a break from study and check out the stalls.

Quad Games

TUE 2-4PM

QUAD

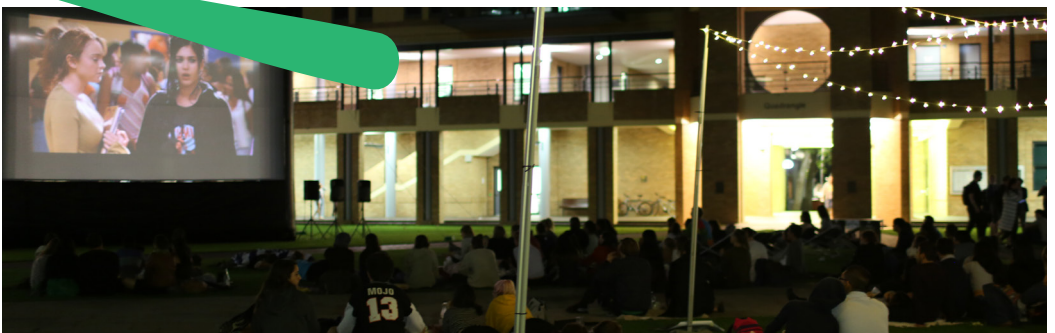
Play has been scientifically proven to stimulate the mind and relieve stress. Forget about stress balls, and start thinking giant jenga and sumo wrestling.


Zumba Class*

TUE 3-4PM

QUAD

Sweat off the stress with a Zumba Class. Grooving to the beats of salsa, flamenco, and merengue music will feel more like a dance party than a workout! So put on your dancing shoes (or trainers) and get ready to move, have fun, boost your mood and energy.





“Do more of what
makes you happy.”



Chill Out Zone

TUE - THUR 11AM-4PM

QUAD

Sleep is just as important as drinking water.

Sleeping, napping, chilling - we all crave it, we all need it, we should all do more of it! Forget about assessments, exams, everything else going on in life, relax and just chill out.

Emotional Fitness Workshop*

WED 12-1PM

Arc TRAINING ROOMS

Mindset Coach, Cherelle Danker will help you learn how to control and direct your emotions to create a happier and more meaningful life. Register for your chance to win a lucky door prize and a free coaching package.

Clubs Demonstrations & Workshops

TUE 1PM / WED 12PM / THU 1PM

QUAD

A little break goes a long way. Take a breath and a break with D2MG, Tricksoc, Judo, Muay Thai and Modsoc. These guys are all about being outside, being active and having fun as the ultimate de-stresser.

*These free workshops have limited space. Register your spot at arc.unsw.edu.au/wellness



Commando Class with Commando Steve*

WED 1PM

QUAD



With his signature black T-shirt and combat fatigues Steve Willis (or Commando Steve as he is better known) has become one of Australia's most recognised and respected Fitness Experts. The ex-military man's incorporation of skills learnt in the Army, partnered with the principles of CrossFit form his own unique style of training - 'Get Commando Fit'. The program is a huge success not only in areas like weight loss and improved health but also with participants claiming complete long term lifestyle changes and an overall education and attitude towards food.



@CommandoSteve



Search Commando Steve

Bike'n'Blend

THURS 12-3PM

QUAD

Ready to put the pedal to the metal? Take one of our blender bikes for a spin and you'll be rewarded with an awesome, pedal-powered smoothie for your efforts. Healthy, both inside and out.



**“I am not afraid of storms
for I am learning how to
sail my ship. ”**

— Louisa May Alcott



Healthy Snack Giveaway

THUR 11AM-1PM

QUAD

A stressed brain begs for sugar, salt and processed fats. These foods make us feel better in the short term, but then lead to a mood drop, more cravings and poor health. With that in mind, Arc Street Team is giving out free delicious and nutritious snacks. Get fruity!

beyondblue workshop*

THUR 12-1PM

Arc TRAINING ROOMS

Your mind can truly have a mind of its own, but there are heaps of strategies that you can try to keep it all under control. For fifteen years beyondblue has been assisting Australians and this workshop aims to raise awareness about anxiety and depression. Pop by and listen to Hayley destigmatise and demythologise mental health through the telling of her personal story.

Colouring Corner

TUE-THU 11AM-4PM

UNSW BOOKSHOP TENT, QUAD

Colouring in isn't just for kids. Creatively calm your mind with a therapeutic colouring in session. Come on over to colour away your worries, stress and anxieties.

Yoga Class*

THUR 2-3PM

QUAD

People who practise yoga at least once a week have lower blood pressure, better sleeping patterns and lower stress levels. Child's pose and chill anyone? So book now and stretch out your stresses with a professional yoga instructor.

Pancakes Giveaway

TUE/WED/THUR 11AM-12PM

QUAD

Breakfast is the most important meal of the day, so an all day breakfast should be extra good, right? Come on down to the Quad for pancakes galore to get your day off to a flipping good start.

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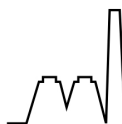


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UNSW

BOOKSHOP
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BREWERY YARD
MARKETS



Commando Steve
*Stray Cat Images - Catherine DeWhit



SOMETIMES WE DON'T
REALISE THE WEIGHT
OF SOMETHING UNTIL
THAT WEIGHT
HAS BEEN LIFTED.

We're here. Call us.

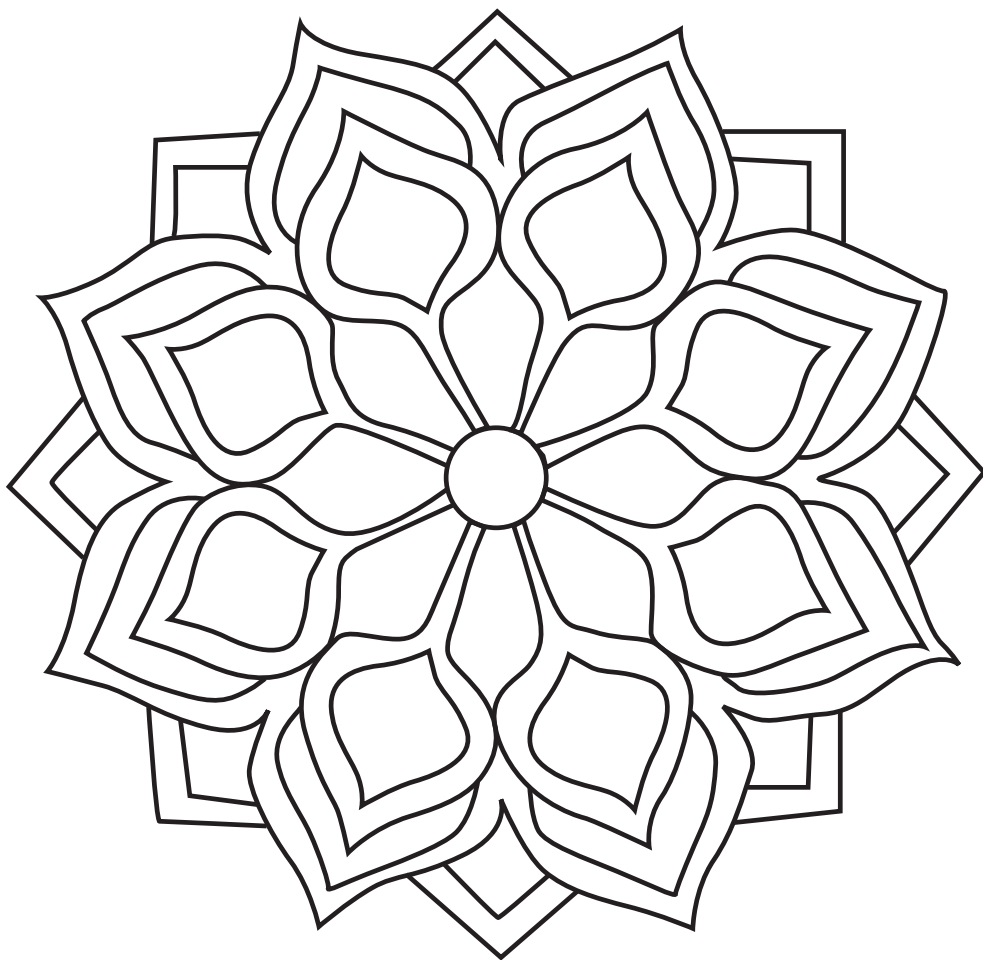


☎ 9385 4832

Now operating 9pm-7am every night during semester

heretohear.arc.unsw.edu.au

Stress Less Week



COLOUR ME IN

Take a few minutes out of your day, wherever you are, and colour your way to peace and calm. Prompting you to meditate on your artwork as you mindfully and creatively fill these page with colour.