

# Staying sane in quarantaine

A NEWSLETTER FROM THE FACULTY OF MEDICAL SCIENCES

Nothing can replace physical presence and real face to face contact. We have all experienced this in the past few months. This newsletter is an initiative to compensate for that loss and to offer support during difficult times. We hope that for those who need it, it is that little bit of help that makes the difference. It will make you aware of opportunities if you have particular needs. Have fun and stay connected.

The curriculum directors of Human Movement Sciences,  
Dentistry and Medicine:  
Yvo Kamsma, Berdien Kooistra-Akse, Anne van Lammeren, and  
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## ADVICE

### NEW! WHAT DO YOU THINK?

In this new part of the newsletter, inspired by the known section 'Wat zou u doen?' of the Volkskrant, we want to offer a place to ask questions which will be answered by your fellow students and us! So: Do you have a painful dilemma? An unresolved issue? Or an urgent question? Let us know!

(Because we had some technical issues, we ask the same question again this time).



## MIND FULNESS

## ONLINE CURSUS (NL)

### KENNISMAKING MET MINDFULNESS

De zesweekse cursus 'Kennismaking met Mindfulness voor jongvolwassenen en studenten....of hebben we daar geen tijd voor' is een introductie in mediteren en mindful in het leven staan. Onder andere met behulp van praktische tips zal je meer bewust worden van je ervaringen door de dag heen, en uitvinden hoe jij daar goed mee om kan gaan. Je leert jezelf van een afstandje met aandacht waar te nemen. Hierdoor voel je de ruimte om bewuste keuzes te maken in plaats van dat alles je gevoelsmatig maar overkomt.

### WHAT DO YOU THINK?

We as teachers worry about your well-being. 63% of students report poor well-being. We want to support you the best we can, therefore we would like to know what we could do. What would help you, in these weird times?



Click on the question to answer (anonymously)!

**WELL-  
BEING****WELL-BEING WEEKS****15 FEBRUARY - 14 MARCH**

During the Corona-pandemic you, as students, have to deal with a lot of (new)challenges. To support you as much as possible Lijst Calimero in corporation with the Student Service Centre (SSC) are organizing the [Student Well-Being Weeks](#), specifically aimed at students from the University of Groningen.

**LEARN****THE SCIENCE OF WELLBEING****COURSERA COURSE**

In this [course](#) you will engage in a series of challenges designed to increase your own happiness and build more productive habits. As preparation for these tasks, Professor Laurie Santos reveals misconceptions about happiness: annoying features of the mind that make us think the way we do. Also, she gives an overview of (scientific) research that can help you change. You will ultimately be prepared to successfully incorporate a specific wellness activity into your life.

**LEARN****THE HAPPINESS TRAP****8-WEEK ONLINE PROGRAM**

The [Happiness Trap Online Program](#) created by Dr Russ Harris, is based on Acceptance & Commitment Therapy (ACT). ACT is a science-based model of behaviour change, supported by a vast body of scientific research. The program is skills based. You can start anytime and do the program at your own pace. You'll learn skills and strategies that you can immediately incorporate in your life. It takes just 1-2 hours to do per week on average plus practice time.