

Certificate

This is to certify that

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completed

**Supporting Students' Mental Health through
Mindfulness**

held on 18th November 2020

Trainer: Amy Malloy

Duration: 60 minutes

Language: British English

Summary:

How are you? Really? It goes without saying this has been and continues to be an unprecedented time. Without habitual patterns in our day to day lives, it can be hard to know how to predict our own wellbeing needs, let alone our students'. In this practical and theoretical session, we explore what students have been through, what they continue to go through, and how to use both a top-down and bottom-up approach to mindfulness to support their mental health both during and after this difficult time.



Amy Malloy

Author