

DeStress Week at CEU

November 9-13

Stress Free Zone

from Monday until Thursday 12:00 -2:00 p.m. in the Octagon:

Wear a "good-mood indicator" sticker

Post your wishes and dreams on a notice board

"Throw your troubles away" - get rid of your problems by 'throwing' them into a trashcan

Lunch time film screening: Chaplin, Mr. Bean, Stan and Pan

Game zone: play card games, do crossword puzzles, Rubic cubes, Twister, chi kung balls. Stop by for a game before or after lunch!

Healthy habits: What causes stress? Stress Calculator, Easy steps to reduce stress and anxiety

Relaxation corner

Library's special 'destress' offer all week long

Take a break! Relax and be healthy!

"Library Fruit and Biscuit bar" in front of the Library 3-5 p.m. on 9-13 November!

Free massage

Monday between 1.00-2.00 p.m.

Tuesday between 12.00-2.00 p.m.
(Alexander Technique)

Wednesday between 12.00-2.00 p.m.

Free massage

1.00-2.00 p.m.

November 9, Monday

Tea station

When: 12.00-2.00 p.m.

Where: Stress Free Zone, N9 building Octagon

Join us for a cup of tea and enjoy the relaxing effect of freshly harvested herbs with Sustainable CEU

Intuitive Art Workshop with Tamar Swartz

When: 12.00-2.00 p.m.

Where: Stress Free Zone N9 building, Octagon

Seating space is limited, so it's first come first served!

Join us for an art making workshop like you've never experienced before! Intuitive Art is about igniting your inner creative spark and making art in a way that's playful, experimental, following colors and shapes that light you up, and truly allowing your own intuition to guide the creative process.

In other words, Intuitive Art is all about creating from your heart, not from your head! A perfect way to destress as there's no right or wrong in creating art, just infinite possibilities! Join Canadian mixed media artist Tamar Swartz for an Intuitive Art drop in workshop as part of CEU's DeStress Week.

Happy Moments Through Photography - discussion with Heni Griecs

When: 5.30 p.m.

Where: Okt.6/7, 435

Please sign up for one of the groups until Tuesday, November 3 by sending an email to Heni, griecsk@spp.ceu.edu.

We will discuss how capturing moments through photography can contribute to our happiness and a deeper knowledge of ourselves. We will share our personal stories and discuss how creating photographs, not letting go of images that we see and how slowing down, being mindful and paying attention to ourselves and the things around us may change our lives and enrich us as a person as well. We will talk about photographic themes and settings available in Budapest and nearby, and come up with a list of photographic activities and tips that can allow us to immerse in it more.

The discussion is not going to be technical, therefore it is open to anyone interested, even if they do not have any experience with photography. However, those who participate will be asked to send one of their photos prior to the event which will be discussed together by the group.

The discussion will be held if there are at least 5 people interested and open to maximum 10 people at one time. Two sessions will be held during the week for two different groups. One session will last 2-3 hours. Please sign up only if you will indeed attend the event. Heni Griecs will contact all participants via email prior to the sessions.

Heni Griecs is a self-educated photographer since 2008 using different photographic techniques. Her exhibition Kindling Spaces is on display in the Nádor 11 staircase.

**Free massage
Alexander Technique
12.00-2.00 p.m.**

November 10, Tuesday

Alexander Technique workshop

When: 12.00-2.00 p.m.

Where: Stress Free Zone, Octagon

Destress yourself during your activities and feel well the whole day!
If you are stressed, your muscles become tensed. The constant tension of your muscles causes you pains or body deformations like headache, backpain, migrene and scoliosis.
The good news is, that you can lowering stress effectively and avoid these kind of problems using the Alexander-technique. Rediscover how to move freely!
Join the teachers of *Alexander-technika Ház*a and Alexander-Technique Teacher's Association.

Homeopathic and Health Care Workshop

When: 12.00-2.00 p.m.

Where: Stress Free Zone, Octagon

How does homeopathy work? What happens during the homeopathic consultation? How can I prepare my own "emergency kit". Drop by for a short consultation and get know more about it!

Relaxation Hypnosis Workshop

When: 5.30-7.30 p.m.

Where: N11 building #616

Please register until November 5 at marton.kara@jelenvolosag.hu

The two-hour workshop will be split into two parts: during the first part, we will discuss the nature of hypnosis, its underlying processes, and you will learn how hypnosis works. In the second part of the workshop, you will have the opportunity to gain first-hand experience of group relaxation hypnosis to decrease your mental and physical stress levels.

Depending on the number of applicants, an additional occasion might be held later, but please note that a maximum of 12 people will be accepted per workshop in order of application.

The workshop will be held by:

Márton Kara

MA in Psychology, Hypnotherapist Candidate

Dance Workshop

When: 6.00 p.m.

Where: Oct6/7 #101 and 102

Discover the destressing effect of dancing. Join our workshop to get an insight to different dances.

Organized by CEU Dancing Club

Free massage

12.00-2.00 p.m.

November 11, Wednesday

Tea station

When: 12.00-2.00 p.m.

Where: Stress Free Zone, N9 building Octagon

Join us for a cup of tea and enjoy the relaxing effect of freshly harvested herbs with Sustainable CEU

Special surprise guests

When: 12.00-2.00 p.m.

Where: N11 building, reception



Mindfulness meditation

When: between 5:30 p.m. and 6:30 p.m.

Where: N11 building, Room 006 (TIGY)

Please register at kovacev@ceu.edu.

Meditation class to make you familiar with one of the possible responses to the stress situation.

Through simple, yet powerful practices you will learn to access and cultivate your natural capacity to actively engage in caring for yourself and find greater balance, ease, and peace of mind. The class is led by Branko Kovacevic, meditation instructor.

RELAX

You do enough.

You have enough.

You are enough.

Tai chi

When: 5.30 p.m.

Where: N11 building #616

Tai Chi is an ancient Chinese tradition. The martial art has evolved over the years into an effective means of alleviating stress and anxiety. It has been considered to be a form of 'meditation in motion' which promotes serenity and inner peace. Join us and experience the Chinese way of destressing.

November 12, Thursday:

Special surprise guests

When: 12.00-2.00 p.m.

Where: N11 building, reception



Aromatherapy Workshop

When: 12.00-2.00 p.m.

Where: Stress Free Zone, N9 building Octagon

How much do you know about the essential oils? How does aromatherapy work? What is it good for? Discover the relaxing power of the aromas and ask get familiar with the positive effects with the professional Erika Paál.

Improvisation Workshop

When: 6.00 p.m.

Where: Október 6. Street 7 – October Hall

Please register at cac@ceu.edu latest until November 6, Friday.

Improvisation is discovering yourself and the yourselves that you don't yet know.

This course builds skills for improvised scenework and narrative on stage. However, everyone improvises all the time, so it can be worthwhile raising your awareness and honing your technique. It can help develop communication skills and problem solving by unlocking creativity and putting yourself and others playfully at ease. Improvisation addresses questions of risk and fear, agreement, collective creativity and exercises parts of yourself that might need to get out more often. So whether you are open to get to know other people or yourself a bit better or you feel like playing on stage this could be a good workshop for you.

Andrew Hefler is an actor and improvisation instructor. He is the director of Grund Színház, a local theatre company. He has worked extensively with Keith Johnstone, Charna Halpern, Gary Austin and many others over decades. He has taught courses in theatres and universities in North America and Europe.

Yoga

When: 6:30 p.m. and 8:00 p.m.

Where: CEU Sports Center

Address: Nador str. 12., in the building of Hild Elementary School

During this special class there will be more emphasis on breathing, stretching and relaxation. Mats are provided. Registration for the class is not required but please check in at the reception on the second floor.

November 13, Friday:

Philanthropy Awareness Day 2015

When: from 10.00 a.m. to 3.00 p.m.

Where: N9 building, Octagon area

What could be more rewarding than supporting people in need while relaxing with homemade treats?

Come along for delicious cakes, CEU goodies and
celebrate the fulfilling act of giving!

Brought to you by Alumni Scholarship Students in collaboration with the CEU Alumni & Careers Office.

**Happy Moments Through Photography
- discussion with Heni Griecs**

When: 3.30 pm

Where: Okt.6/7, 234

We will discuss how capturing moments through photography can contribute to our happiness and a deeper knowledge of ourselves. We will share our personal stories and discuss how creating photographs, not letting go of images that we see and how slowing down, being mindful and paying attention to ourselves and the things around us may change our lives and enrich us as a person as well. We will talk about photographic themes and settings available in Budapest and nearby, and come up with a list of photographic activities and tips that can allow us to immerse in it more.

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Wine-tasting

When: 6 p.m.

Where: Basement Lounge

Participation fee: 1 000 HUF

Registration and payment: personally at the Student Life Office on a first come first serve basis.

Join us for an event to sample wines from Szekszard - one of the oldest red-wine growing region. Come and experience the taste of rosés and spicy reds.