



# Mental Health Awareness Week 15-20 May

Monday 15 May	Tuesday 16 May	Wednesday 17 May	Thursday 18 May	Friday 19 May
<b>Table tennis</b> 10am-4pm Library Plaza	<b>Table tennis</b> 10am-4pm Library Plaza	<b>Table tennis</b> 10am-4pm Library Plaza	<b>Eco-anxiety workshop</b> 9.30-10.45am or 3.30-4.45pm <b>T</b> Online Join a workshop to understand eco-anxiety and how to manage it. <a href="#">Book your place</a>	<b>Table tennis</b> 10am-4pm Library Plaza
<b>Tote bag making</b> 10am-1pm Library Plaza Design a tote bag, meet new people, chat, and be creative!	<b>Pot planting and decorating</b> 10am-1pm Library Plaza	<b>Acupuncture</b> 10am-2pm <b>T</b> LSE Treatment Clinic, 1st floor FAW <a href="#">Book your place</a>		<b>Street photography sessions</b> 10am-12noon and 1-3pm <b>T</b> Explore London and learn how to take great street photography. <a href="#">Book your place</a>
<b>Volunteering pop up</b> 10am-1pm Library Plaza Write a message of support for the exam period.	<b>Street food stall on campus</b> From 11am CBG Square	<b>Smoothie bike</b> 10am-4pm Library Plaza Cycle to make your own smoothie!	<b>Zen Bus</b> 10am-4pm CBG Plaza An American school bus full of zen activities.	<b>Zen Bus</b> 10am-4pm CBG Plaza An American school bus full of zen activities.
<b>20 minute massage</b> Timeslots available throughout the day <b>T</b> LSE Treatment Clinic, 1st floor FAW <a href="#">Book your place</a>	<b>Reflective journaling workshop</b> 12.15pm-1pm <b>T</b> MAR.2.07 <a href="#">Book your place</a>	<b>Make your own self-care kit</b> 12 noon-2pm Library Plaza Choose a selection of goodies to help look after yourself during Summer Term.	<b>Table tennis</b> 10am-4pm Library Plaza	
<b>Procrastination workshop</b> 3pm-4pm <b>T</b> SAL.G.08 <a href="#">Book your place</a>	<b>Knitting group</b> 2pm-4pm MAR.2.06 Materials will be provided, all levels welcome.	<b>Manage exam stress workshop</b> 2pm-3pm <b>T</b> Online <a href="#">Book your place</a>	<b>Meet LSE teams</b> 11am-2pm Ground Floor, MAR Find out how LSE can support you.	<b>Saturday 20 May</b>  9-10am <b>Southwark Parkrun</b> <b>T</b> Run (or walk) with others from LSE and enjoy some post-run snacks. <a href="#">Click here to book</a>
<b>LSESU is bringing you De-Stress Fest</b> Visit <a href="http://lesu.com">lesu.com</a> to find out about yoga, crafting, fitness classes and much, much more!	<b>Tai Chi session</b> 4-5pm <b>T</b> Faith Centre, The Desert Room Learn and practice Tai Chi skills, such as grounding, breathing, and balancing. <a href="#">Book your place</a>	<b>KEY</b> <b>FAW</b> Fawcett House <b>MAR</b> The Marshall Building <b>T</b> Book a ticket	<b>Book swap café</b> 12 noon-2pm Library Plaza Bring a book you've read to swap for one you haven't.	
	<b>10am Squash</b> MAR Sports Hall	<b>12 noon Spin</b> SAW 6th Floor Studio	<b>10am Squash</b> MAR Sports Hall	<b>8am Badminton</b> MAR Sports Hall
<b>6pm Yoga</b> SAW 6th Floor Studio	<b>1pm Embroidery</b> SAW Weston Café, 6th Floor	<b>12 noon Spin</b> SAW 6th Floor Studio	<b>12 noon Yoga</b> SAW 6th Floor Studio	<b>5pm Zorb football</b> MAR Sports Hall
<b>4pm Futsal</b> MAR Sports Hall	<b>2pm Jewellery making</b> SAW Weston Café, 6th Floor	<b>2pm Dodgeball</b> MAR Sports Hall	<b>2pm Table tennis</b> MAR Sports Hall	<b>6pm Barre</b> SAW 6th Floor Studio
<b>6pm Pilates</b> SAW 6th Floor Studio	<b>4pm Dodgeball</b> MAR Sports Hall	<b>1pm Puzzle activity</b> SAW Denning Cafe 1st Floor	<b>1pm Puzzle activity</b> SAW Denning Cafe 1st Floor	<b>KEY</b> <b>MAR</b> The Marshall Building <b>SAW</b> Saw Swee Hock Student Centre, (Students' Union)
		<b>4pm Basketball</b> MAR Sports Hall	<b>4pm Basketball</b> MAR Sports Hall	
		<b>5pm Hula fit</b> SAW 6th Floor Studio	<b>5pm Hula fit</b> SAW 6th Floor Studio	



A week of free events at LSE  
[lse.ac.uk/youve-got-this](http://lse.ac.uk/youve-got-this)