

OFFERED THROUGHOUT MOST OF THE WEEK**STRESS-FREE ZONE**

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

Wear a "good-mood indicator" sticker • Post your wishes and dreams on a noticeboard

Lunch time film screening: Chaplin, Mr. Bean, Stan and Pan • Relaxation corner: knitting, coloring

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

STUDENT LEADERSHIP AND SERVICE OFFICE'S SPECIAL 'DESTRESS' TREAT

Take a break! Relax and be healthy!

"Fruit and Biscuit bar" in Nador 11, 3rd floor, in front of room 304-305

When: from Monday until Thursday between 3 p.m. to 5 p.m.

NOVEMBER 7, MONDAY**TEA STATION**

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

When: 12 noon-2.00 p.m.

Where: Stress Free Zone, Nador 9 Octagon

**INTUITIVE ART WORKSHOP
WITH THE CEU DRAWING CLUB**

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.

When: 12 noon-2.00 p.m.

Where: Stress Free Zone, Nador 9 Octagon

WHAT IS STRESS? – STRESS MANAGEMENT WORKSHOP

What is stress? Is there a clear-cut definition? Are there different types of stress or it is just some kind of a negative stuff in your life? How do you know that you are under stress? And if you know that, what do you do about your stressors? Do you have coping strategies? Is there anything you need to put in place so that you can effectively combat your daily stress? All are burning questions so that you can avoid burn out. During this one-hour long workshop we will introduce you to the core knowledge of stress management as seen by health psychologists.

In addition, you will also gain a deeper insight into your own typical stress management skills.

When: 5:30 p.m.-6:30 p.m.

Where: Monument Building, Popper

Registration: studentevents@ceu.edu

CLASSICUS ENSEMBLE CONCERT- MOZART/SHOSTAKOVICH

Mozart: Duo in G-major, K. 423

Mozart: Duo in B-flat major, K. 424

Shostakovich: String Quartet No. 7 in F-sharp minor, Op. 108

Shostakovich–Lera Auerbach: Six Songs to Poems by Marina Tsvetaeva, Op. 143

When: 7 p.m.

Where: Nador 15, Auditorium B

NOVEMBER 8, TUESDAY

MORNING MEDITATION- SHAMBHALA BUDAPEST

What is meditation? Meditation is a natural state of the human mind – at rest, open, alert. Among the scientifically demonstrated physical and mental benefits of meditation are stress reduction and an improvement in ability to concentrate. The basic meditation technique predates all religious traditions, though it is used in one way or another by each of them. Undertaken as a steady practice, meditation allows the mind to relax and settle. It encourages our inherent qualities of stability, clarity and mental strength to emerge.

Who are we? We are the Budapest branch of the international Shambhala community. Shambhala is based on trust in human dignity. We offer a path of meditation practice and contemplative arts oriented towards modern life. Our communities around the world cultivate kindness, bravery, and genuine dialogue. Our vision is to inspire compassionate, sustainable, and just human societies.

When: 8 a.m.-8:45 a.m.

Where: Nador 11, #616

Registration: studentevents@ceu.edu

TEA STATION

When: 12 noon-2.00 p.m.

Where: Stress Free Zone, Nador 9 Octagon

MINDFULNESS WORKSHOP

If you feel that you are rushing through your life without being able to control it, if you are having problem with seeing the good side of your days, if you are interested in meditation, this mindfulness workshop might have something to give you. Come and join us and get familiar with the topic of mindfulness, the awareness that emerges through paying attention on purpose, in the present moment. Let's practice a breathing exercise together and continue our day in more relaxed and mindful way.

When: 5:30 p.m.-7 p.m.

Where: Nador 11, #616

Registration: studentevents@ceu.edu

Please note that a maximum of 25 people will be accepted in order of application.

AUTOGENIC TRAINING- DEMO SESSION

One of the simplest and safest ways to combat stress, Autogenic Training is probably the best known relaxation method in Europe. Developed by the German Dr. Schultz back in the 1920's, the technique has also been tested and reviewed by research as a major assistance in several physical and mental health conditions. Compared to meditation, biofeedback and progressive relaxation, the benefits of a regular Autogenic Training also include achieving peak performance. Autogenic Training is easy and can be done anywhere, anytime. It does not require special equipment and a session can be done in about 10-15 minutes. This one-hour long demonstration will give you first-hand experience in Autogenic Training pursuant to a theoretical introduction into the technique.

When: 6 p.m.-7 p.m. in English

7 p.m.-8 p.m. in Hungarian

Where: Nador 13, #615

Registration: studentevents@ceu.edu

Please note that a maximum of 10 people per training will be accepted in order of application.

NOVEMBER 9, WEDNESDAY

MORNING YOGA

When: 8 a.m.-8:45 a.m.

Where: Nador 11, #616

Registration: studentevents@ceu.edu

TEA STATION

When: 12 noon-2.00 p.m.

Where: Stress Free Zone, Nador 9 Octagon

FREE MASSAGE

When: 12 noon-2 p.m.

Where: Sign up at the Stress Free Zone, Octagon

RETRIEVER RESCUE

Meet CEU's special guests and de-stress with fur therapy. 😊

Labrador or Golden retrievers with their kind nature, attention and will for pleasing people will bring you happiness in every minute.

When: 10 a.m.- 2 p.m.

Where: Nador 11, Courtyard

FLOWERS AND SEVEN WORDS- DESTRESS WORKSHOP

This workshop is addressing stress indirectly, playfully and creatively. It is not another power point presentation, it is about experience and inspiration. We are going to think together and to learn from each other. At the end of the workshop, the psychologist is going to give some general advices about stress reduction in every day student life.

When: 5:30 p.m.-7 p.m.

Where: Nador 13, #303

Registration: studentevents@ceu.edu

Please note that a maximum of 20 people will be accepted in order of application.

NOVEMBER 10, THURSDAY

RETRIEVER RESCUE

When: 10 a.m.- 2 p.m.

Where: Nador 11, Courtyard

HYPNOSIS WORKSHOP

Do you want to discover how hypnosis can help you relax and reduce your stress and anxiety levels? Have you heard of hypnosis but was never sure what it is or how it works? Do you have questions on whether it is real or wonder if hypnosis could work for you? Do you want to know the science behind it? If so, you are invited to participate in a relaxation hypnosis workshop.

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.

When: 5:30 p.m.-7:30 p.m.

Where: Nador 11, #616

Registration: until November 4 at marton.kara@jelenvolosag.hu

Please note that a maximum of 12 people will be accepted in order of application.

WINE TASTING

Join us for an event to sample wines from Etyek. Come and experience the taste of whites, rosés and spicy reds.

When: 5:30 p.m.- 7:30 p.m.

Where: Oktober 6. utca 7, #101

Participation fee: 1 500 HUF

Registration and payment: personally at the Student Leadership and Service Office (Nador 11, #305) on a first come first serve basis.

YOGA

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.

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

Where: CEU Sports Center (Nador utca 12, in the building of Hild Elementary School)

NOVEMBER 11, FRIDAY

CEU PHILANTHROPY DAY 2016

This year the CEU community is giving back by Baking it >>Forward!

Please join us in supporting the right to education – and enjoy some great baked goods in the process. Make a donation, in any amount to the Open Learning Initiative (OLive) or the CEU Alumni Scholarship fund and in return we'll set you up with hot coffee and international pastries, home baked by CEU students, alumni and staff!

Don't pay it back, bake it >> Forward!

Event is supported by the CEU Alumni Relations office, this year's Alumni Scholarship Recipients, and OLIVE.

When: 10 a.m.-3 p.m.

Where: Nador 9, Octagon

KNITTING FOR PEOPLE IN NEED

Join us and enjoy the relaxing effects of knitting. We are preparing scarves, hats and gloves for people in need. Professional help and delivery will be provided by the volunteers of **Heti Betevő** (organization supporting people in need).

When: 3 p.m.-5:30 p.m.

Where: Nador 9, Octagon