

# Mental Health Week

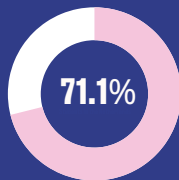
27th of February until 3th of March

Source: Hoger Onderwijs  
Periode, 2021



2 in 3

Students in the Netherlands feel emotionally exhausted



Experience a feeling of loneliness

Source: Koers, 2022



## Introduction

The week of February 27th Stud will host a mental health week for all the students in Delft. Subjects such as stress, loneliness, depression, burn-out and pressure will be talked about in interactive lectures and workshops.

## Free consult?



Reach out for a free consultation with Erica van den Berg from Nutan Coaching. Just 30 minutes can help you organize your own thoughts or internal struggles. She is located in Nootdorp, easily accessible by bike, public transit or car. Erica is a **professional coach**, willing to help students develop themselves, ask the right questions and find more structure in the day-to-day business. This can bring you acceptance, a feeling of being rested and more relaxed.

Scan the QR code on the left to find more information on her website or email to [welkom@nutancoaching.nl](mailto:welkom@nutancoaching.nl) about your first free consultation!\*



Erica van den Berg

\* = This promotion is valid until 01-08-2023, with reference to OFFER STUD

## Contact us

×

015-7920010

[www.stud.nl/mental-health-week](http://www.stud.nl/mental-health-week)

[info@stud.nl](mailto:info@stud.nl)

[stud\\_mentalhealthweek](https://www.instagram.com/stud_mentalhealthweek)



Scan for info!

# Timetable



27/02

## Detox Lounge

Drop by at the Stud office for a massage and a ginger shot to detox your body.

11:00 - 16:00  
Stud office, Mekelweg 3, Delft

M  
O  
N

## Inspiration Session Frank Schurink lecture

Writer Frank Schurink will give a lecture in Dutch and English about stress and expectations, how to have a positive mindset within the Dutch and international student community.

English, 14:00 - 15:30  
Dutch, 16:00 - 17:30  
Theater de Veste, Asvest 1, Delft

28/02



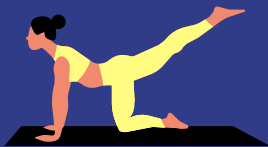
01/03

## Morning Yoga Session

Two yoga time slots will be offered, for free! Enjoy a calming and energizing yoga class at X, on the campus.

11:00 - 12:00 (Class 1)  
12:00 - 13:00 (Class 2)  
Sportcentre X, Mekelweg 8-10, Delft

W  
E  
D



## Resilience day

*Frits van den Heuvel van  
Varik & Erwin van Beek*

Unlock your ultimate mental and physical resilience with our expert-led training day! Start with a morning breath work and ice bath clinic, then learn from special forces in the afternoon for a physical resilience clinic.

10:45 - 12:45 lecture and icebath  
13:45 - 16:45 training clinic  
Sportcentre X, Mekelweg 8-10, Delft

02/03



03/03

T  
U  
E  
S

T  
H  
U  
R  
S