

Fika Masterclasses



Looking after your mental health

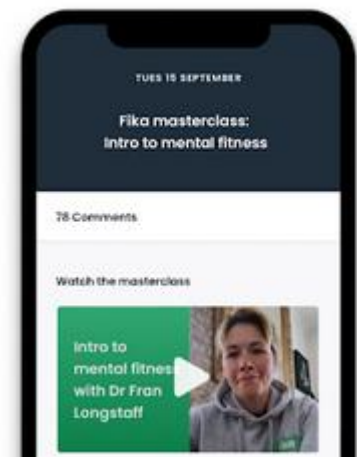
Our Mental Fitness partners at Fika are hosting Mental Fitness Masterclasses to support us with the return to university.

Check out the series running through until the end of December:

- ~~15th September 4-5pm: Introduction to Mental Fitness~~
- ~~13th October 4-5pm: Connection~~
- 10th November 4-5pm: Stress
- 8th December 4-5pm: Meaning

Fika's Mental Fitness Masterclasses are led by Fika Head of Psychology Dr Fran Longstaff and are designed to help equip you with the skills you need to thrive in your studies, get the most out of your personal lives and relationships, boost your employability, develop teamwork and leadership skills and prepare for the future.

You can access the sessions via the Fika app - see instructions below. Please do make every effort to attend as it will support you both in your studies and personal lives over the coming months.



Terms and conditions apply, see www.fika.community for details

Download the Fika app

- Search for 'Fika app' in your mobile app store
- Download the app & click 'get started for free'
- Confirm you are over 16 & agree to the terms of use/privacy policy
- Select University of Bedfordshire from the drop-down list
- Register **with your university email address** & a desired password
- Check your inbox for a verification email & click the link within the email
- Complete registration and enjoy Fika!