



# DIÖN

Mental Health

Awareness Week  
(16-20 November)

## Full Programme

Registration Required  
for All Events  
(Click here for  
registration)

16.Nov

## Mindful Monday

Trondheim Campus **Online/Livestream**

10:00 – 12:00: Work-life Balance: A Mental Health Approach (*Workshop by France Rose Hartline*)

Location: **Online** (Zoom)

16:00-17:00: Services Available at NTNU (*Seminar by OHS*)

Location: Kalvskinnet, Akkrinn, L404 (**and Livestream**)

## Training Tuesday

17.Nov

Trondheim Campus

12:00-13:00: Strength Building Class

Location: Sal 4, Gløshaugen Idrett

Gjøvik Campus

13:30-14:45: Yoga for Grounding and Stress Relief  
(*Yoga Session with Lise Konow Linnerud*)

Location: G303

18.Nov

## We-flect Wednesday

Trondheim Campus

17:00-18:30: Meditation Workshop for Stress Relief  
(*Practical Workshop by Trondheim Meditation & Fitness*)

Location: EL4, Gløshaugen Elektro

Gjøvik Campus

11:30-14:00: Services Available at Gjøvik Campus  
(*Presentation by OHS*)

Location: 1/3 Eureka

Thoughtful Thursday

19.Nov

Trondheim Campus

17:00-18:00: Workshop on Stress Management  
*(by SiT Advisor Kristian Drosshaug)*

Location: KJL4, Gløshaugen Kjelhuset  
**& Livestream**

Gjøvik Campus

12:00-13:00: Tolerance, Understanding, Peace of Mind  
*(by University Chplain Anne Anker Bolstad)*

Location: Kobolt K105

20.Nov

Feel Good Friday

Trondheim Campus

17:30-19:30: Improv Workshop *(by Gibberish)*

Location: R3, Gløshaugen Realfagbygget

Feel Good Saturday

21.Nov

Gjøvik Campus

12:00 : Walk to Eiktunet along with Coffee and Waffles at Eiktunet Cafe

Location (starting point): NTNU A- Building