

Thrive Week 2023

at a glance

January 23-27



All Week Long

- **Kind Thoughts Box - Located at PGCLL 201 (SWC hosted)**
- **Building Better Habits Personally & Professionally (Alumni Engagement)**
- **Make Your Own Mental Health Kit - while supplies last**
- **Pulse at PACE: employee fitness (HRS & Athletics & Recreation)**
- **On-Demand Mental Health Talks - available on the Thrive Week website**

Monday January 23

- **3:30 - 4:30 pm - Reflecting and Resetting for Success with Dr. Kajiura and friends (SSC hosted)**
- **5:30 - 7:00 pm - Embracing Gender Diversity (SWC hosted)**

Tuesday January 24

- **10:30 am - 12:00 pm - Level Up for 2nd year students - 1st session (SSC hosted)**
- **11:00 - 1:00 pm - Triple C Farm Visit on BSB field - all are welcome (SWC hosted)**
- **11:30 - 11:50 am - Let's Talk Success: Being Successful in Labs (SSC hosted)**
- **1:30 - 3:30 pm - We Art: Thrive Week Session (SWC hosted)**
- **3:30 - 3:50 pm - Let's Talk Success: Using To-Do Lists and Schedules (SSC hosted)**
- **3:30 - 4:20 pm - Stress Less (SWC hosted)**
- **5:00 - 6:15 pm - Calm - Yoga & Mindfulness Skills (SWC hosted)**
- **5:30 - 7:00 pm - Meet Your Neighbours (SWC hosted)**

#MacThriveWeek

mentalhealth.mcmaster.ca/thrive/



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Wednesday January 25

- 10:05 - 10:55 am - Mindfulness with Cara-Jane (HR Healthy Workplace Committee hosted)
- 10:00 am (while supplies last) - Hot Chocolate Study Session (SWC) in the lounge
- 12:00 - 1:00 pm - Guided Walk in the McMaster Forest (Nature@McMaster hosted)
- 12:30 - 2:00 pm - Creative Workshop: Pen & Ink Techniques (Museum of Art hosted)
- 1:30 - 1:50 pm - Let's Talk Success - Beating Burnout (SSC hosted)
- 2:00 - 4:00 pm - Staff and Faculty Hot Chocolate Social (HR Healthy Workplace Committee hosted)
- 7:00 - 8:00 pm - Live Well: Manage Stress, Prevent Burnout and Live Resilient Life (Alumni Engagement hosted)

Thursday January 26

- 10:30 am - 11:15 am - Know Your Employee Benefits (HR Healthy Workplace Committee hosted)
- 12:30 - 12:50 pm - Let's Talk Success: How to Participate in Class (SSC hosted)
- 1:00 pm - 2:30 pm - Therapy Dog Visit - all are welcome (SWC hosted)
- 1:00 - 3:00 pm - Free Flow x Period Equity (SWC & McMaster Okanagan hosted)

Saturday January 28 - bonus event

- 9:00 - 11:30 am - Guided Walk in the McMaster Forest (Nature@McMaster hosted)

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