

R U OK? DAY

Thursday 12 September 2019



10am – 2pm

Conversation Courtyard
CLB Courtyard
Bring a colleague, grab a coffee and start a conversation.



10am – 2pm

Gratitude Tree
CLB Courtyard
Sometimes it's easy to forget how lucky we are. What are you grateful for? Write it on a postcard and hang it from our decorated gratitude tree.



10am – 2pm

Help is Available
CLB Courtyard
A counsellor is available during the day's events if anyone needs help.



10am – 2pm

5-Minute Massages
CLB Courtyard
Feeling stressed? Come for a FREE 5-minute massage from one of our three R U OK? Day massage therapists and release the tension!



10am – 2pm

Post-Secret
CLB Courtyard
Visit the Arc Wellness Warriors to get something off your chest and pick up a booklet on how to help a friend. You're invited to anonymously contribute a secret. We hope to lift the weight off many shoulders.



12pm – 1pm

Tai Chi
Library Lawn
Achieve tranquility and composure through integrating physical movements, breathing and peace of mind. Beginners welcome!



All Day

Coffee Catch-ups
Catch-up with a colleague over a FREE coffee to find out how they're going. Caffe Brioso (the coffee cart) is running 2-for-1 offers on regular hot drinks, on receipt of a stamped ticket.



Various times

Morning Teas
Across UNSW Faculties & Divisions
Staff will gather for morning tea to celebrate R U OK? Day in faculties, schools and divisional units across UNSW. Look out for yours!

Find out more and register here:

wellbeing.unsw.edu.au/ruok2019

We make time to ask
R U OK?