

WELLBEINGWEEK

Campus Arnhem

10 & 12 February 2026



PAUSE



FEEL



CONNECT



Free
workshops:
Claim your
spot!

HAN_

STUDENT
SUPPORT
CENTER

Welcome to the Wellbeing week!

HAN's Wellbeing Week is all about your wellbeing.

During this week, we will come together to reflect on themes that matter to every student: mental health, balance, connection, and resilience.

Studying can be inspiring and rewarding, but it can also be demanding and sometimes stressful. That's why the WellbeingWeek is a moment to pause, share experiences, and explore new ways to take good care of yourself. This mini-magazine has been created by and for students. Inside, you will find the full WellbeingWeek program for Arnhem, along with personal stories, practical tips, creative contributions, and experiences you may recognise in yourself.

This magazine provides all the information you need about the **free workshops** offered during the WellbeingWeek. You can register for the workshops of your choice via the QR code.

There's also a **wellbeing hub**: a place to meet other students, talk about mental health with professionals, take part in activities, send a postcard, or simply relax with a smoothie.

Join on February 10 at R26 or February 12 at R31 and experience it yourself too:

Pause. Feel. Connect.

Enjoy reading, take your time, and remember: you are not alone.



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Listen while you read



Scan the QR code and listen to our peaceful meditation playlist. Let the tranquility help you relax, organize your thoughts, and focus on your mental health. A brief moment of connection with yourself while reading this magazine.



The Courage to Slow Down

There are days when my head is so full that I can't do anything anymore. To-do lists that seem longer than the hours in a day. But then it helps to take a break.

A deep breath. A walk outside. Or just singing along to a song at the top of my lungs. These are small things, but they give me space in my head.

Maybe that's the real art of studying: not just gathering knowledge, but learning how to take good care of yourself.

Personal story: a student who found strength again after a setback

Stronger Together

Story Alec, Student Communication

Alec (21) went through a difficult period in his second year of study.

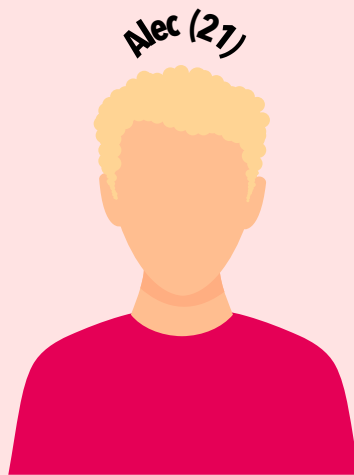
"Everything started piling up: deadlines, projects, and my part-time job. I felt like I was falling short everywhere. I slept poorly and my motivation faded. It felt like I was completely on my own."

Still, Alec decided to share how he was feeling. First with a close friend, and later with his parents. "That wasn't easy, because I didn't want to be a burden. But once I opened up, I noticed that people actually wanted to listen and help. My friends offered a listening ear, and my family gave me the support I needed."

By taking small steps, Alec gradually found his balance again. He learned to plan better, took rest more consciously, and discovered that talking about his struggles gave him relief. "I didn't have to carry everything by myself anymore. Just spending an evening with friends or getting things off my chest helped enormously."

Now, he looks back on that period with pride. "I've learned that being vulnerable doesn't make you weak. Asking for and accepting support actually makes you stronger. You really don't have to do it alone."

"Being vulnerable doesn't make you weak – asking for support makes you stronger."





Timetable HAN Wellbeingweek 2026

Campus Arnhem



Tuesday 10-02	Tuesday 10-02	Thursday 12-02	Thursday 12-02
WORKSHOPS	Wellbeing Hub Mainlobby Ruitenberglaan 26	WORKSHOPS	Wellbeing Hub Mainlobby Ruitenberglaan 31
9:00-10:30 Workshop: Positive Psychology Zane Klavina Ruitenberglaan 26	Wellbeing Hub 12:00-16:00 The Wellbeing Hub offers a place to chill, meet people, engage in creative activities, ask life questions, and learn more about additional support in the area of wellbeing. Just drop by for: ~Lovely notes: sent a free postcard~ ~Kidness Rocks~ ~Mirror of positivity~ ~Painting flower pots~ ~Give-away contest~ ~And more fun!~ ~Leaf a Light!~	12.30-13.30 Social Experiment: Solve for Happy Dellwyn Oseana Ruitenberglaan 31	Wellbeing Hub 12:00-16:00 The Wellbeing Hub offers a place to chill, meet people, engage in creative activities, ask life questions, and learn more about additional support in the area of wellbeing. Just drop by for: ~Lovely notes: sent a free postcard~ ~Kidness Rocks~ ~Mirror of positivity~ ~Painting flower pots~ ~Give-away contest~ ~And more fun!~ ~Leaf a Light!~
12:30-14:00 Workshop: Vision Boards Nadine Leibig - International Social Work Ruitenberglaan 26		13.30-16.00 u Making Punch cards <i>A gift to yourself</i> Ruitenberglaan 31 - basecamp ISB WALK-IN	
15:30 - 17:00 Workshop: Up, Down, Forward <i>Understanding your feelings and finding ways to carry on</i> Arnhem Student Point Ruitenberglaan 26	12:00-15:00 Smoothie Bike cycle your own smoothie!	16:00-17:00 Workshop: Selfdefense Christina Daniels Ruitenberglaan 31 - Silentium	12:00-16:00 Need a chat? Questions, thoughts, or just a moment to talk? The Student Support Center, Arnhem Student Point & Ixta Noa are here for you.
16:00- 18:00 Workshop Already Enough <i>A space to pause, reflect, and belong</i> HAN HUNTU Ruitenberglaan 26	12:00-16:00 Need a chat? Questions, thoughts, or just a moment to talk? The Student Support Center, Arnhem Student Point & Ixta Noa are here for you.	16:30-17:30 Workshop Master your procrastination Christiaan van den Berg Student Support Center	18.00-21.00 u MOVIE NIGHT - INSIDE OUT 2 Ruitenberglaan 26 Sign up via QRcode!
19:00-21:00 Workshop Unfiltered You Arnhem Student Point kastanjelaan 22E - Arnhem			



Turn page for more information



Positive Psychology



February 10 @ 09:00-10:30

HAN Ruitenberglaan 26

What makes life worth living? Discover how people can thrive, feel happier, and live more meaningful lives. In this interactive inspiration session, you'll be introduced to positive psychology, the scientific study of human flourishing. Through discussions and practical exercises, you will explore what boosts wellbeing and how happiness can be strengthened in everyday life.

February 10 @ 12:30-14:00

HAN Ruitenberglaan 26

Take a moment to pause and reflect. In this creative workshop, you'll start with a guided mind journey to relax, focus, and explore what truly matters to you. You will then turn your ideas into a personal vision board, a visual expression of your goals, values, and dreams. Along the way, you will connect with fellow students, share inspiration, and exchange ideas in a relaxed and supportive setting.



Workshop: Vision Board

Up, Down, Forward



I can't
do it

Life comes with ups and downs.

This workshop offers a safe space to explore life's transitions and emotional highs and lows without judgment or pressure to "fix" anything. Together, we will reflect on why difficult emotions are a natural part of life and learn supportive, practical ways to navigate heavier periods. You will leave with greater insight into your own emotional patterns and tools to help carry challenging moments with more ease.

February 10 @ 15:30-17:00

HAN Ruitenberglaan 26

February 10 @ 16:00-17:30

HAN Ruitenberglaan 26

Already Enough is an interactive wellbeing workshop for students who sometimes feel the pressure to do more, be more, or have it all figured out. Guided by student facilitators from Han Huntu, we create a safe and welcoming space to reflect on belonging, identity, and self-worth. Through light activities and small group conversations, you'll discover you're not alone in these feelings, challenge unrealistic expectations, and explore what "being enough" truly means in student life. No pressure to share, just a moment to pause, connect, and remind yourself that you already belong, just as you are.



**Workshop Already Enough: A space
to pause, reflect, and belong**

Unfiltered You



Be real. Be unfiltered.

Join this workshop with Iris, spiritual counsellor at Arnhem Student Point, and explore what it means to show your true self. Together, we will reflect on authenticity, vulnerability, and how being honest about who you are can deepen your connection with yourself and others. A welcoming space to feel at home, connect, and grow.

February 10 @ 19:00-21:00

Kastanjelaan 22E

Claim your spot!



Solve for Happy



What does it really mean to be happy?

Join this interactive session led by coach and trainer Dellwyn, who brings over 30 years of experience working across cultures and communities worldwide. In this social experiment, students from different bachelor programs will collaborate to explore ideas around happiness, challenge perceived limitations, and rethink what's possible. Through open discussion, shared perspectives, and guided reflection, you will work toward practical insights and discover how open-minded you're willing to be when it comes to change.

February 12 @ 12:30-13:30

HAN Ruitenberglaan 31

February 12 @ 16:00-17:00

HAN Ruitenberglaan 31

Build confidence through self-defense.

This workshop is led by Sifu Christina Daniels, founder of the Mei Hua Wu Xiao school, who has been training in kung fu since 1985. You will learn basic self-defense skills while discovering how physical awareness and confidence can strengthen your sense of safety. Feeling safe is power.



Workshop: Selfdefense

Making Punch Cards



Let's Make Some Punch Cards! Tracking goals doesn't always have to be about schoolwork, tough topics, or stress. How often do you buy yourself flowers? Treat yourself to a nice meal? Let's set goals you'll actually enjoy achieving! Your punch card will serve as a fun reminder to prioritize self-care. Decide how many times you want to do something nice for yourself within a set period. Each time you complete it, punch a circle! The ultimate goal? Fill your card and make sure you are treating yourself with kindness throughout the semester.

February 12 @ 13:30 - 16:00

HAN Ruitenberglaan 31- basecamp
ISB

February 12 @ 16:30-17:30

HAN Ruitenberglaan 31

In this 60-minute workshop, you will learn how to master procrastination in a practical and effective way. We explore why procrastination happens and how it affects study performance. You will receive concrete, actionable strategies to start tasks sooner and stay focused. The workshop is interactive and directly applicable to daily study life.



Master your procrastination

Need a chat?



Got something on your mind?
Drop by for a chat, ask a question, or talk about whatever is going on in your life. From stress to motivation to everyday life: this is a relaxed space to connect and focus on your wellbeing. Professionals from the Student Support Center and Arnhem Student Point will be there, alongside peer supporters from Ixta Noa, to share information about support options that could fit you.

February 10& 12 @ 12:00-16:00

Wellbeing Hub R31 & R26

Pizza & Movie Night Inside Out 2

February 12 @ 18:00 - 21:00

HAN Ruitenberglaan 26 AIM
Lounge

Wrap up Wellbeing Week with a cozy movie night & a DELICIOUS FREE PIZZA. Join us for a relaxed screening of Inside Out 2, the newest chapter of this heartwarming and nostalgic film. Enjoy drinks, pizza and popcorn, unwind with friends, and end the week on a cozy, feel-good note while celebrating wellbeing together.



Claim your spot!



Just walk in!

The Wellbeing Hub offers a place to chill, connect, have fun and talk about life questions & wellbeing

WELLBEING HUB

Tuesday 10 feb & Thursday 12 feb
Mainlobby R26 & Mainlobby R31



Give-away contest

Come by, join the contest, and win awesome prizes every day. Treat yourself to some luck!

SMOOTHIEBIKE - Tuesday 12.00-15.00 u R26

Get moving and cycle your own smoothie.
Healthy and free!



Pick an egg, crack a smile.

Instead of gum, this machine gives you a little boost. Each egg holds a positive affirmation to brighten your day. Take one, open it, and carry the message with you.

Kidness Rocks

Get creative and spread some love by painting colorful designs and heartwarming messages on pebble stones. Place them around campus and turn a smile on the finders face!



Mirror of positivity

Look in the mirror and see the strength you carry. Every reflection is a reminder: you are enough, you are light, and you matter. Grab a crayon and write down your message to self!

Flower Pots: Paint, pause, and take care

Decorating a plant pot is more than being creative—it's a small act of self-care. Slow down, add some color, and create something that can grow along with you.



LOVELY NOTES: Send a free postcard!

Take a moment to send a card to someone who matters to you. A few kind words can strengthen bonds, spark joy, and remind both of you that you're not alone.

Timetable HAN Wellbeingweek 2026

Campus Nijmegen



also for internationals to attend



Maandag 9 februari	Dinsdag 10 februari	Woensdag 11 februari	Donderdag 12 februari	Vrijdag 13 februari
9:00-11:00 ROUW RAVE & REFLECT NIMMA TALKS x Doornroosje	10:00-14:00 HANDSPA POP-UP Imelda & Annelies Wellbeinghub Kapittelweg 33, central hall	10:00-11:00 BEAT THE STRESS Studievereniging Swere	9:00-10:00 PERSOONLIJKE DOORBRAAK Raphael van den Berg en Esmee de Wilde Kapittelweg 33	9:00-15:00 DIGITAL DETOX kickstarter Nicole Schubert & Joline Lucas Kapittelweg 33, A3.16 Silence4You Rust en stilteruimte
10:00-14:00 HANDSPA POP-UP Imelda & Annelies Wellbeinghub Kapittelweg 33, central hall	10:00-16:00 HAPPY HAIRDRESSER GRATIS KNIP- EN OPLAADBEURT! Kapsalon ROC	11:00-14:00 BODY & MIND CHECK-UP SSC & SENECA Wellbeinghub Kapittelweg 33, central hall	10:00-11:00 OH DAAROM DUS.. Inspiratiesessie Human Design Diane Kamphuis Bisschop Hamerhuis	11:00-14:00 CERAMICS PAINTING HAN x KALA CAFÉ Wellbeinghub Kapittelweg 33, central hall
10:00-16:00 LOOP BINNEN BIJ DE LIEFDESDOKTER Wellbeinghub Kapittelweg 33, centrale hal	10:00-12:00 SOCIAL MEDIA SURVIVAL SKILLS Sam Kuppens Kapittelweg 33	11:00-14:00 SMASHROOM Square in front of Kapittelweg 33	10:00-16:00 HAPPY HAIRDRESSER GRATIS KNIP- EN OPLAADBEURT! Radboud Universiteit	12:30-13:15 PLAY & CHILL MINI GAMES Study association NSSR Wellbeinghub Kapittelweg 33, central hall
11:00-12:00 WORKSHOP YIN YOGA Renelle Koppers Kapittelweg 33, A3.16 Silence4You Rust en stilteruimte	11:00-12:30 QUEER QUIZZ SHOWDOWN GSA RU, ROC & HAN Kapittelweg 33	13:00-15:00 BOOST JE IMMUUNSISTEEM MET ADEM EN IJSBADEN Immunotraining Kapittelweg 33	11:30-14:00 SOULCOLLAGE® Radboud Universiteit	15:00-16:30 MOVIE CLUB: INSIDE OUT Kapittelweg 33
12:00-13:00 SHARING CIRCLE: VAN HOOFD NAAR HART Anouk Heskes Kapittelweg 33, A3.16 Silence4You Rust en stilteruimte	11:00-14:00 CERAMICS PAINTING HAN x KALA CAFÉ Wellbeinghub Kapittelweg 33, central hall	13:00-14:00 NATURE RESET Mindful wandelen Evelien Kolster Hortus park	12:30-13:30 WORKSHOP EMOTIEREGULATIE MET ACT Studentenpsychologen Bisschop Hamerhuis	16:00-17:30 QUEER SPIRIT Nicole Schubert Crea-ruimte van de studentenkerk, Erasmuslaan 9a
17:00-18:30 LEERHUIS LEVENSKUNST Nicole Schubert Crea-ruimte van de studentenkerk, Erasmuslaan 9a	12:30-13:00 MEDITATIE VOOR DUMMIES Nicole Schubert Kapittelweg 33, A3.16 Silence4You Rust en stilteruimte	16:00-17:30 Choir Singing For Dummies And Pros Campuskoor Veelstemmig	14:00-15:00 WORKSHOP YIN YOGA Renelle Koppers Kapittelweg 33, A3.16 Silence4You Rust en stilteruimte	
20:00-21:30 OMGAAN MET HET NIEUWS: WEGKIJKEN OF VERSLAafd ZIJN Lux	12:30-14:00 COLLEGETOUR IRIS ENTHOVEN Kapittelweg 33	16:00-17:00 WORKSHOP HANDVAT VOOR STUDENTBESTUURDERS Koepelvereniging Nijmegen	15:00-16:30 TROOSTTHEESSESSIE Maaike Nap en Nicole Schubert Studentenkerk	
	16:00-18:00 STUDENTENTHEATER OP HOOP VAN ZEGEN Kapittelweg 33	19:30-21:00 HARRY PIEKEMA communicatie van binnenuit Radboud Universiteit	15:00-16:30 OPGROEIEN MET OUDERS MET PSYCHISCHE EN/OF VERSLAVINGSPROBLEMEN Bindkracht 10	
	19:00-20:30 SURVIVALRUNNING WITH NSSV FEL Survivalclub Nijmegen	20:00-22:30 THE BIG LIVE MUSICQUIZ Radboud Universiteit Café	19:00-21:30 OFFLINE NIGHT BEING SOCIAL WITHOUT SOCIAL MEDIA The Yurt, Erasmusplein	
	19:30-21:00 SEX EDUCATION In gesprek met een seksuoloog Radboud Universiteit			

STUDENT SUPPORT CENTER

HEY YOU HARD WORKER!

NEED HELP WITH YOUR STUDIES?

Do you have questions about your studies not directly related to your degree program? Come to the Student Support Center! Our professionals are here to coach and guide you. We'd love to help you take the next step!

For all HAN students
WE'RE HERE FOR YOU!

TRAINING & COACHING

- Work on your study skills.
- Work on your personal development.
- Help a fellow student or get help.
- Work on your language skills.

MEANING AND IDENTITY

- To connect, to inspire or to meditate.

STUDY AND CAREER GUIDANCE

- If you're having doubts about your studies
- If you're not sure whether to get a job or continue studying.

INTERNSHIP AND WORK COACHING IN SPECIAL CIRCUMSTANCES

- To look for a suitable internship or workplace.

STUDENT COUNSELORS

- If you're studying with special circumstances.

STUDENT PSYCHOLOGISTS

- If you're feeling down about yourself and it's affecting your studies.

CENTER FOR ENTREPRENEURSHIP

- If you dream of having your own business.

Want to know more or have a question?

Check out [Insite](#) for more info. Or email us: studentsupportcenter@han.nl

OPEN UP NEW HORIZONS.

HAN UNIVERSITY
OF APPLIED SCIENCES



Mental Health

How can you tell when you're taking on too much?

- You often feel tired, even after a night's sleep.
- You have trouble concentrating or remembering things.
- You notice that you are more easily irritated or emotional.
- You say “yes” more often, even when you don't really have the time or energy.
- You hardly ever relax because your mind is always “on.”
- Your work or studies pile up and you lose track of things.
- Your body reacts with complaints such as headaches, neck or back pain.
- You sleep poorly because you keep worrying.
- You have less and less time or desire for social contact.
- You put off relaxation or fun things “until later.”



Tips for avoiding relaxation during stress:

1. Recognize your stress signals

Pay attention to signals such as heart palpitations, worrying, or tense muscles. By recognizing them early, you can take action more quickly.

2. Identify stress factors

Write down what causes you stress: work pressure, certain thoughts, or situations. This will help you recognize patterns and deal with them more effectively.

3. Schedule a moment of relaxation every day.

Consciously take some time for yourself, even if it's only ten minutes. Reading, listening to music, or taking a short walk can make a big difference.

4. Alternate between activity and rest

After busy tasks, it is important to take a real break. Getting away from your screen or getting some fresh air can be refreshing.

5. Ensure you get a good night's sleep

Go to bed at regular times as much as possible and get up at the same time every day. A quiet, dark room will help you rest better.

6. Exercise daily

Exercise reduces stress and boosts energy. Choose an activity you enjoy, such as cycling, dancing, or simply going for a walk around the block.

7. Pay attention to your posture

Poor sitting posture can strain your muscles and exacerbate stress. Set up your workspace properly and take regular breaks to move around.

8. Work mindfully

Do one thing at a time and focus your attention on what you are doing now. Short breathing breaks in between help you stay clear-headed.

9. Use relaxation techniques

Breathing exercises, yoga, or meditation calm your body and mind. Even a short body scan can reduce tension.

10. Ask for help if necessary

Do you find that stress is getting in the way of your daily life? Then seek support from friends, family, or a professional.



SOS-stress kit

Sometimes stress comes unexpectedly: a deadline, a presentation, or just the feeling that everything is too much. Don't worry: with a few small actions, you can quickly regain some peace of mind. Use this SOS kit as first aid for stress!

Breathe consciously for one minute

Close your eyes, breathe in for 4 counts, hold for 4 counts, breathe out for 4 counts, rest for 4 counts.

-> Repeat this 3 times and feel your heart rate slow down.

Fresh air t

Go outside for 5 minutes, walk around the block, or take a deep breath by an open window.

-> Your brain will get oxygen and distraction.

Little reset

Drink a glass of water, stretch, straighten your back. Relax your body = relax your mind.

QUOTE

"Stress is a signal, not an enemy. Listen and take care of yourself."

Put on music

Choose a song that makes you happy or gives you peace of mind. Just listening to music for three minutes can work wonders.

Share your feelings

Text or call a friend. A short message such as, "I'm feeling stressed, can I vent for a moment?" can immediately reduce the pressure.

Tip

Create your own personal SOS kit by writing down three things that always help you. Stick the list in your diary or phone so you always have it to hand.

3 study planning hacks: Pomodoro and time blocking Pomodoro, balancing online and offline time, and project blocks

Tip 1: Combine Pomodoro with time blocking

Combine Pomodoro with time blocking: block out 2 hours for one subject, but divide it into 4 Pomodoros of 25 minutes of studying + 5 minutes of break time. Why is this a good technique? You maintain a high level of focus without overloading yourself, and your time blocks will provide structure to your day.

Additional tip: After every 4 Pomodoros, take a longer break of 20-30 minutes.

Tip 2: Create a balance between online and offline studying

Alternate screen time with offline studying. For example: read or summarize the subject on paper (offline), then practice with online quizzes or apps. Why is this a good technique? The brain needs variety between online and offline; too much screen time = fatigue and lower concentration.

Extra tip: Turn off notifications during online study sessions and use physical paper as a reminder.

Tip 3: Divide a project into several blocks

Divide larger assignments or projects into smaller blocks of 1-2 hours, focusing on one specific result per block (e.g., searching for literature, writing a chapter, analyzing data). Why is this a good technique? College students often have large assignments; small blocks prevent you from becoming overwhelmed and ensure that you make consistent progress.

Additional tip: Utilize a kanban or to-do list (e.g., Trello) to visually track your progress.



Take care of yourself, not just today but everyday

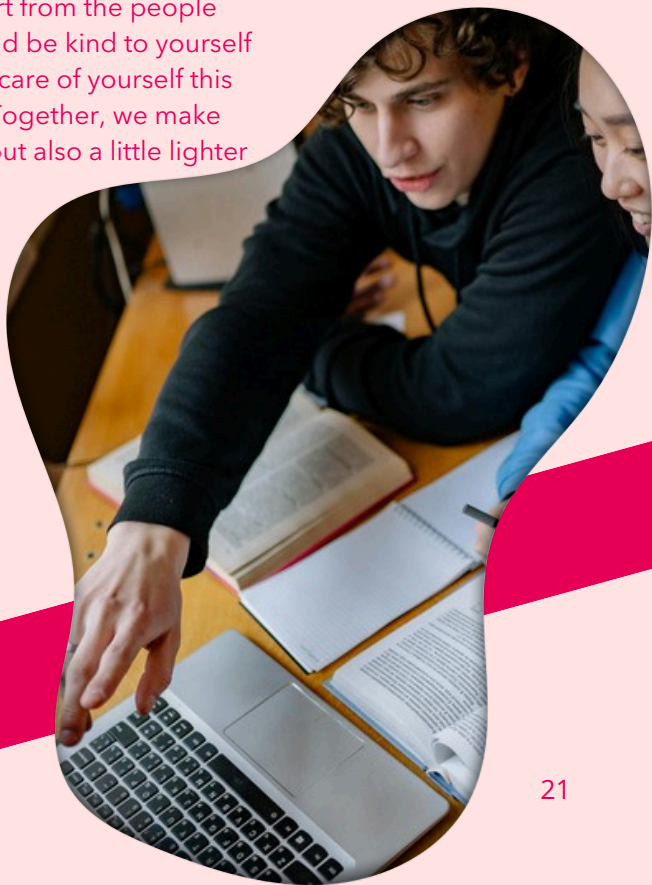
Thank you for taking the time to read this magazine and taken a moment together with us to reflect on wellbeing, balance, and resilience. The Wellbeing Week is a great opportunity to pause for a moment. Taking care of yourself stays important, even after this week.

Even during the business of studying, work, and everything else around it, try to take small moments to relax, to move, or simply to pause and reflect on how you are really doing. Remember: you do not have to do it alone. Seek support from the people around you, share your story, and be kind to yourself and others. So do not only take care of yourself this week, but a little bit every day. Together, we make studying not only educational, but also a little lighter and more enjoyable.

Wishing you lots of success, strength, and joy!

The Student Support Center

Where you can
find us:



Acknowledgements

Students:

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Nijmegen



ROC
Nijmegen



wij zijn
groen, gezond
en in beweging
Nijmegen

With contributions of:



Immuun.Training
Verbeterd herstel & weerstand



HORTUS
DE GROENE SCHATKAMER
nijmegen

NUMEGEER STUDENTEN SPORT RAAD
NSSR





Have fun!