Starting Point of Wellbeing

The Starting Point of Wellbeing offers students advice and guidance on services related to wellbeing. We post links, tips and contact information here. SPW contact persons are psychologist, project coordinator Sanni Saarimäki and guidance counsellor Marja Lehto. Updated 12.8.2022. Follow us on Telegram: t.me/aaltospw

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Starting Point of Wellbeing drop-in advising continues on Monday, 29.8.

You can drop in to the Starting Point of Wellbeing without booking an appointment in advance if you need advice and guidance on matters related to your wellbeing and study ability. Also, the current situation in world politics may evoke many emotions and thoughts. If you would like to talk to somebody confidentially, you can come and meet our psychologist or guidance counsellor and get guidance about other support services if needed.

### ONLINE

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### ON CAMPUS (Otakaari 1, room Y199c, in addition to online advising)

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### Groups and workshops

You can find information about courses, workshops and self-study materials related to student wellbeing here: Courses and workshops for students

Ps. Towards better wellbeing and studying -course is coming up again!

Towards better wellbeing and studying -course during Autumn 2022

Would you like to improve your student well-being in a meaningful way by utilizing peer support? The purpose of the course Towards better studying (3 credits) is to learn to identify factors related to well-being and studying, and to develop your ability to use various tools to support your wellbeing and enhance your studying. It is open to all Aalto bachelor, master and doctoral students. Read more: Towards better wellbeing and studying -course during Autumn 2022 | Aalto University

### Theses & Tomatoes

**Theses & Tomatoes**

**What:** co-writing event

**When:** Mondays at 10-11:30 until 30.5.2022

**Where:** Zoom

https://aalto.zoom.us/j/62842756249?pwd=TzZzNWNITG1TMdOUUWcjR2WIvudz09 (Meeting ID: 628 4275 6249, Passcode: 820375)

**For whom:** students completing their theses at Aalto University (Bachelor, Master, doctoral)
Are you feeling stuck with your thesis? Or are you just finding it hard to get into a routine with working on your thesis? Maybe you are unsure of what the next step should be or how to get started on a new chapter? Do you feel lonely in your thesis work? Would you like to work in a shared space with others in the same situation?

If you answer yes to any of these questions, you have come to the right place! Join a co-writing space, which will be organized every Monday at 10-11:30 in Zoom.

The aim of this co-writing space is to provide opportunities for you to work independently on your thesis and on self-specified goals alongside others in the same situation, creating a shared experience.

There is no enrolment needed, just join us and get your thesis moving. The seminar is intended for students at Aalto University completing their thesis work.

We will start each Monday at 10 with a short 15-minute introduction to different topics (e.g., goal-setting, time-management, academic writing). Introductions are held by the host and invited guests who are specialized in the topics. You will get to set your own goal and share it with others, if you want. After that there will be two 30-minute Pomodoros, with a 10-minute break in between. During the break, you can ask questions or we can all do some break exercises together.

The co-writing event is led by Aalto psychologist Henna Niiva (henna.niiva@aalto.fi). The language of instruction is English but you are welcomed to ask questions also in Finnish. It’s totally voluntary to join in the discussion and share one’s goals – if you just want to come and work, that’s fine.

**UniSport**

UniSport is organizing free live stream break exercise moments on Mondays at 12.30 and on Wednesdays at 13.30.

Carefree shoulders is a refreshing 15-minute guided workout that relieves tension and focuses specifically on the back and shoulder area. The exercise is suitable for everyone and you can participate wherever you want! You do not need to reserve a place for this session and you also don’t need exercise equipment or clothing.

Link to session and more information can be found at: [https://www.unisport.fi/en/sports/body-control-and-mobility/carefree-shoulders](https://www.unisport.fi/en/sports/body-control-and-mobility/carefree-shoulders)

**Open Doors at Starting Point of Wellbeing (from 30.8. onwards)**

Starting Point of Wellbeing is having Open Doors on every Tuesday at 12.00 - 13.00 at Otakaari 1, room Y199c. Come and join us for a coffee and learn what SPW is all about!

**Fridays with Starting Point of Wellbeing**

Fridays with Starting Point of Wellbeing are starting! Join us on various events on campus (Undergraduate centre, Otakaari 1, room Y199c) on Fridays at 13 - 15!

Beat the Blues!
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Wellbeing-themed events for all international students at Aalto organized by Starting Point of Wellbeing

Thu 22.9.22 at 16-18: Living in Finland
Thu 27.10.22 at 16-18: Culture shock?
Thu 24.11.22 at 16-18: Beat the Winter-blues!
Thu 15.12.22 at 16-18: Farewell 2022 - Welcome 2023

Come as you are! We are offering a place to share experiences, make new friends and maybe learn something new about surviving - and thriving - in Finland!

Events will be on campus (Otakaari 1, U523 Top Lounge) and are open to all international students at Aalto.

Read more about these events and Starting Point of Wellbeing:
https://www.aalto.fi/en/study-at-aalto/starting-point-of-wellbeing

Contact: sanni.saarimaki@aalto.fi

Contact information

Contact persons for Starting Point of Wellbeing are study psychologist Sanni Saarimäki (sanni.saarimaki[a]aalto.fi) and guidance counsellor Marja Lehto (marja.lehto[a]aalto.fi).

Office on campus: Undergraduate Centre, Otakaari 1, room Y199c. The Starting Point of Wellbeing is open according to schedule.

Telegram: t.me/aaltospw
www.instagram.com/aaltowellbeing

Study and career counselling psychologists

Starting Point of Wellbeing (SPW) drop in counselling by Aalto psychologists is available from 29.8. onwards

- online: from Monday to Friday at 10 - 11 via Ninchat: https://www.aalto.fi/en/palvelut/psychologists-service
- on campus: on Mondays at 13 - 15 on Y199C (Undergraduate Centre, Otakaari 1)

Are you looking for help with time management, do you find yourself procrastinating or lacking motivation, are you looking for better study methods, or are you experiencing study related stress, anxiety or burnout? If these issues sound familiar, come and meet the Aalto psychologist to get some support and advising. You can also come and chat if you are returning to your studies after a longer break, if your life situation or health condition is affecting your studies, or if you would like to talk about your concerns related to the future and working life. Aalto's psychologists at SPW can help, for example, if you are considering when and where to get support for well-being and / or study challenges, or if you would like to book an appointment with an Aalto's psychologist.

https://www.aalto.fi/en/palvelut/psychologists-service

The Best Thing Today is a podcast series hosted by the psychologists at Aalto University Learning Services. In the podcast, the psychologists casually talk about wellbeing topics – ranging from student wellbeing to the wellbeing of employees.

The podcast discussions revolve around issues that are familiar in an academic environment, such as how to find motivation, how to manage time and stress, and how to recover. You'll also get to hear how the psychologists take care of their own wellbeing.

Aalto University's psychology podcast in Finnish is called Paras hetki päivässä.

You can find the podcasts here.
In English: https://www.aalto.fi/en/podcasts/the-best-thing-today-podcast-series
In Finnish: https://www.aalto.fi/fi/podcastit/paras-hetki-paivassa-podcastit

Individual appointment and other Aalto psychologist services: Study and career guidance psychologists help and support in all challenges related to studying and career planning, and also provide support for distance learning and the feelings that the current global pandemic may evoke. Appointment has to be booked in advance.

The study and career counselling psychology service is available to all Aalto University undergraduate and postgraduate degree students.

Courses and workshops
Guidance counsellors

Guidance counsellors are available at the Starting Point of Wellbeing

- online on Mondays, Wednesdays and Fridays at 12 -13 starting from 29.8. (Zoom link will be added soon!)
- on campus on Thursdays at 13 - 15 on Y199C (Undergraduate Centre, Otakaari 1) starting from 8.9.

You can meet with a guidance counsellor for example when you want to:

- evaluate your current study situation and explore alternatives (e.g. you feel like your current programme might not be the most suitable for you)
- discuss your future options, what you would like to do and what interests you
- clarify your goals for studies and working life

You can talk with the guidance counsellor about all matters related to your studies and future possibilities, get help with structuring your thoughts and support for goal setting and study planning. The guidance counsellor can also help when you would like to talk with someone about your studies but are not sure whom to contact.

Contact information:

Marja Lehto, 050 352 1441 / email: marja.lehto@aalto.fi / TG @marjalehto

Pia Rydestedt, 050 560 8378 / email pia.rydestedt@aalto.fi / TG @piarydestedt

School of Arts, Design and Architecture students can also contact Tuuli Asunmaa. Individual appointments can be booked in Vihta.

Aalto chaplains

Aalto Chaplains at the Starting Point of Wellbeing: **Wednesdays at 13 - 15 on campus (Y199C, Undergraduate Centre, Otakaari 1)** from 30.8. onwards.

Studies are demanding and there is also much more to life than studies! Aalto chaplains provide a place for discussion to all Aalto students, regardless of belief or background. Their work is grounded in presence, listening, and absolute confidentiality. We want to support the overall wellbeing of our students. Come to talk!

anu.morikawa@evl.fi, 050 4644375

Social work done by the church in case of financial difficulties: Please contact Espoo lutheran church Tapiola. Mon-Thu 9-15. Phone: +358 9 8050 4400.

FHS

FSHS Starting Point of Wellbeing counseling on **Tuesdays at 13 - 15 on campus at Y199c (Undergraduate Centre, Otakaari 1)**.

Come and meet the FSHS nurse! We offer low-threshold health counselling and service guidance. You can come and talk to your nurse about issues related to your health or student health care services. For example, a nurse can give you general health advice or tell you about health and well-being services provided by FSHS or other local actors. Please note, however, that we do not conduct medical examinations, book appointments or, for example, fill patient recordings at Starting Point of Wellbeing. If you have any questions about your appointments, you can contact FSHS by phone (general and mental health tel. 046 7101073 and oral health tel. 046 7101085).

Student Healthcare instructions during the coronavirus pandemic

Nyyti ry Chat

Nyyti's Chats for Students

MielenTEKoja - chat offers peer support to university students. Nothing is too small or unimportant – all things are worth addressing! You can talk about anything from mental wellbeing to coping with everyday student life. With you in the chat are peer counsellors who are also students themselves. Using the chat is free, and the conversations are confidential and anonymous. The chat welcomes students from all fields and programmes, incl. international students. Chat in English on Thursdays at 17 - 19 starting from 13.1. onwards.

Where to find help outside Aalto?

Sources of information and support in different kinds of situations in life in Finland.

Where to get support in crises or other acute events

You can turn to the Aalto chaplains in time of grief, whether related to a personal loss or an event affecting the whole community. The Aalto chaplains are available to all members of the Aalto community regardless of religion or worldview.


HelsinkiMissio Youth Crisis Point offers short term counselling also in English
On this page you can find sources of information and support in different kinds of situations in life: **Where to find help?**

You can always come to Starting Point drop-in to ask where to get the help you need, if you are not sure what is the right place to go!