

FIGHTING NOVEMBER BLUES

WELCOME & SUPPORT

Thursday 6th of November 2025



SAA

Learning Support Service
(Service d'aide aux apprentissages)



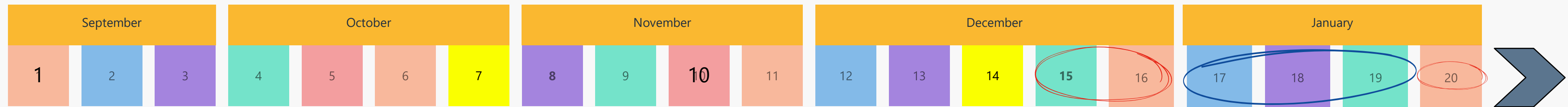
Academic year

You are here !



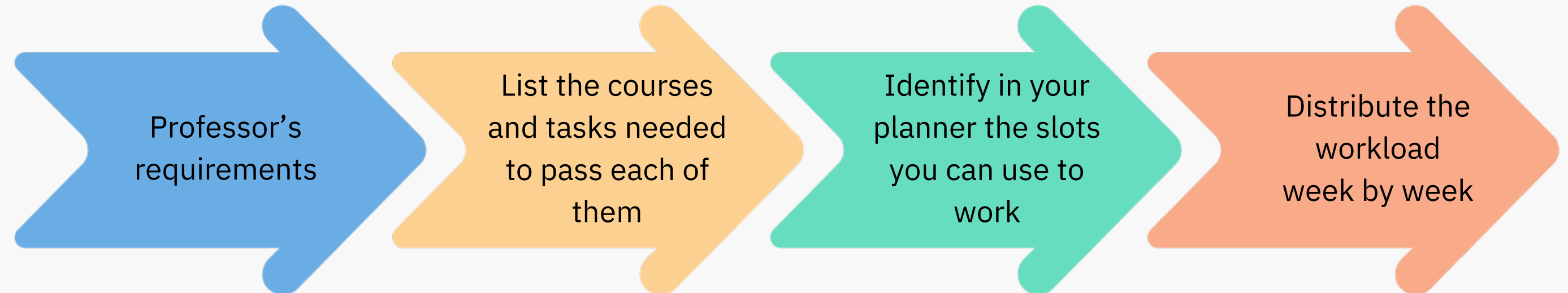
Blocus*

Exams

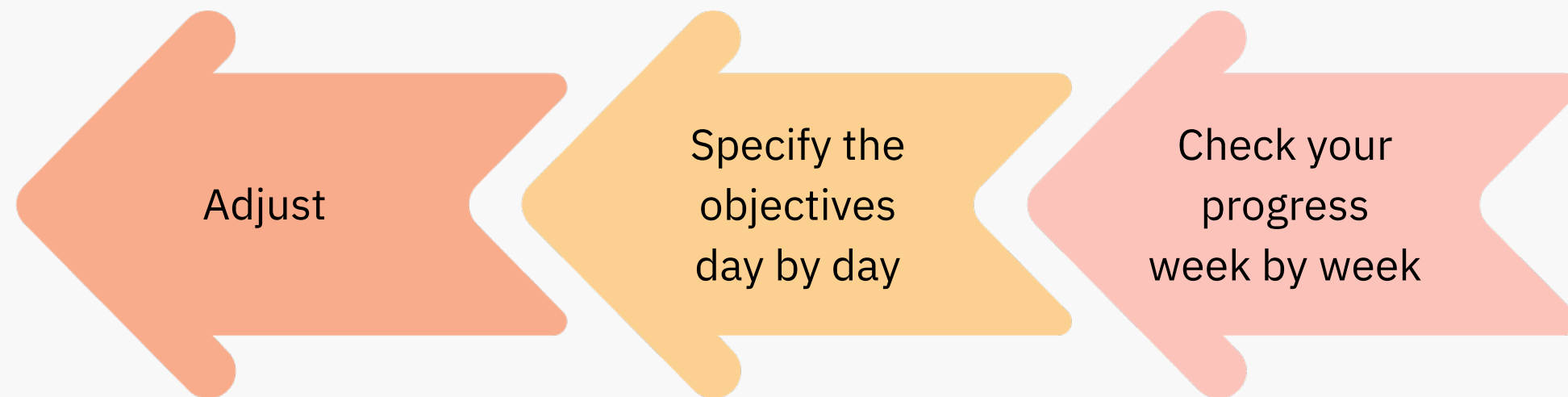


Create your own planner

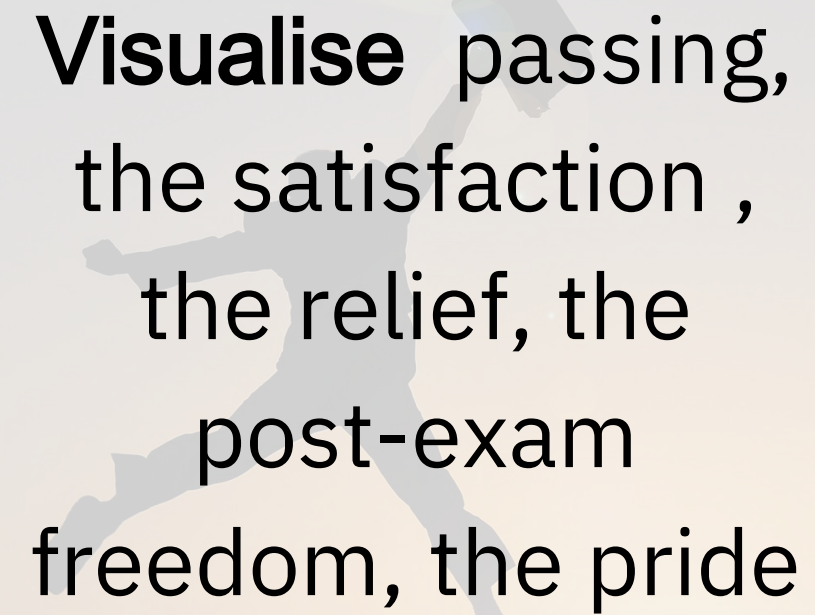
Conception



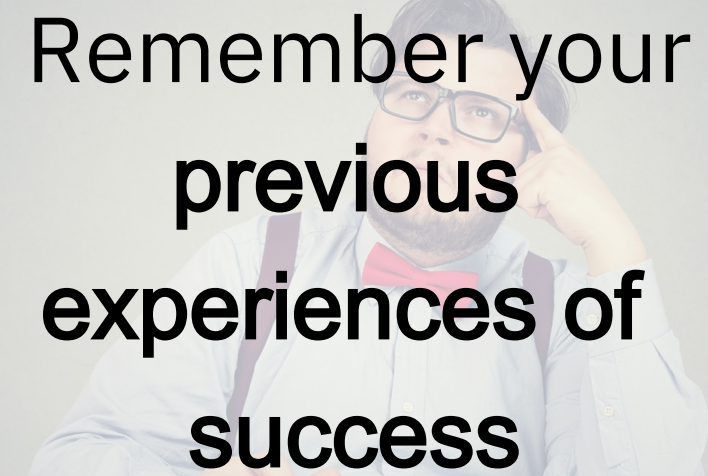
Utilisation



You also need to eat, sleep, move around and entertain yourself



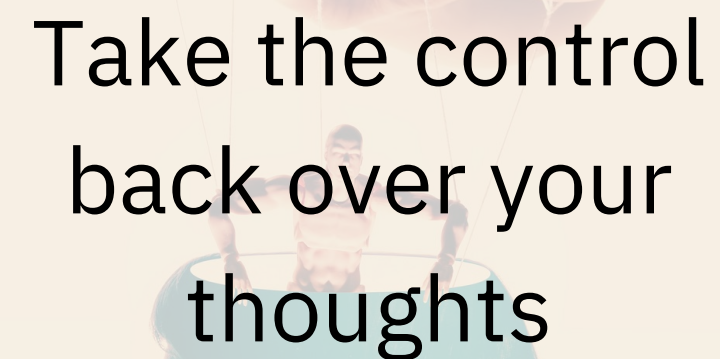
Visualise passing,
the satisfaction ,
the relief, the
post-exam
freedom, the pride



Remember your
previous
experiences of
success



Imagine yourself
into the pleasant
moments



Take the control
back over your
thoughts

Get motivated

Act on your thoughts

I choose to act on ...

My feeling of effectiveness



- Divide
- Look for resources
- Act on your thoughts

The meaning I give to my work



- Think about the meaning and utility
- Cultivate the pleasure
- Prioritise value-added tasks

Hunting for distractors



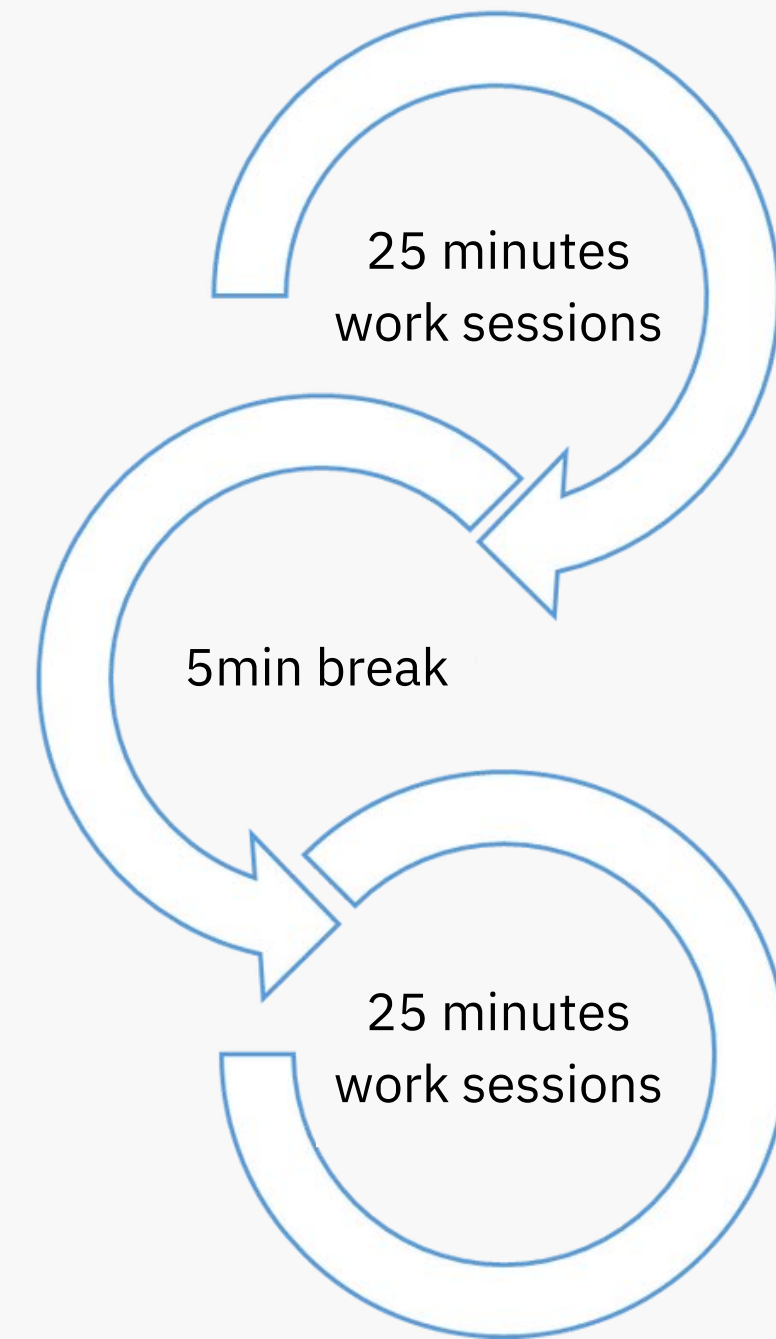
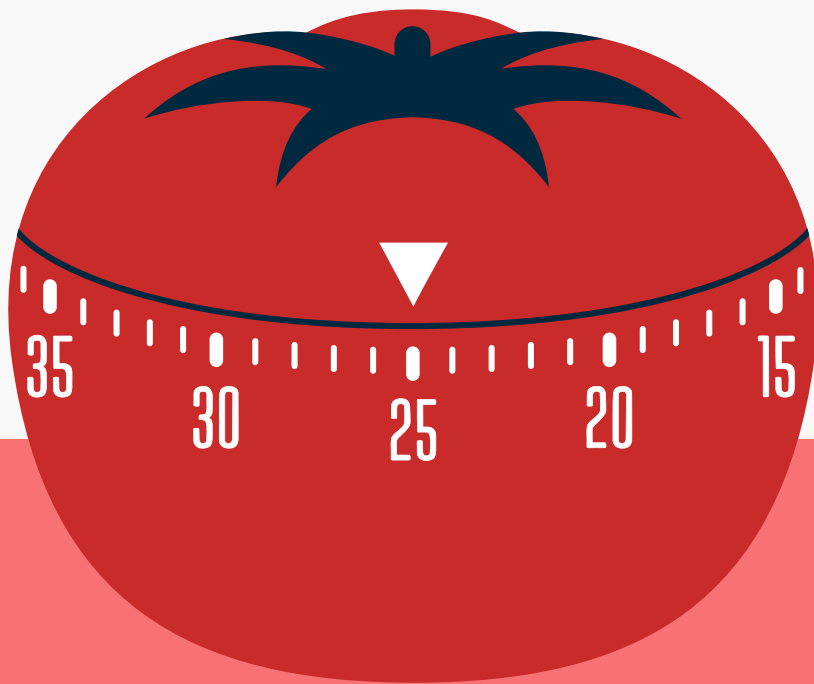
- Keep distractors away
- Alternate between moments of works and of relaxation

Organisation and deadlines



- Plan
- Set your priorities
- Set deadlines
- Start small

The pomodoro method



... After 5 sessions of 25 minutes : longer break (20 to 30')



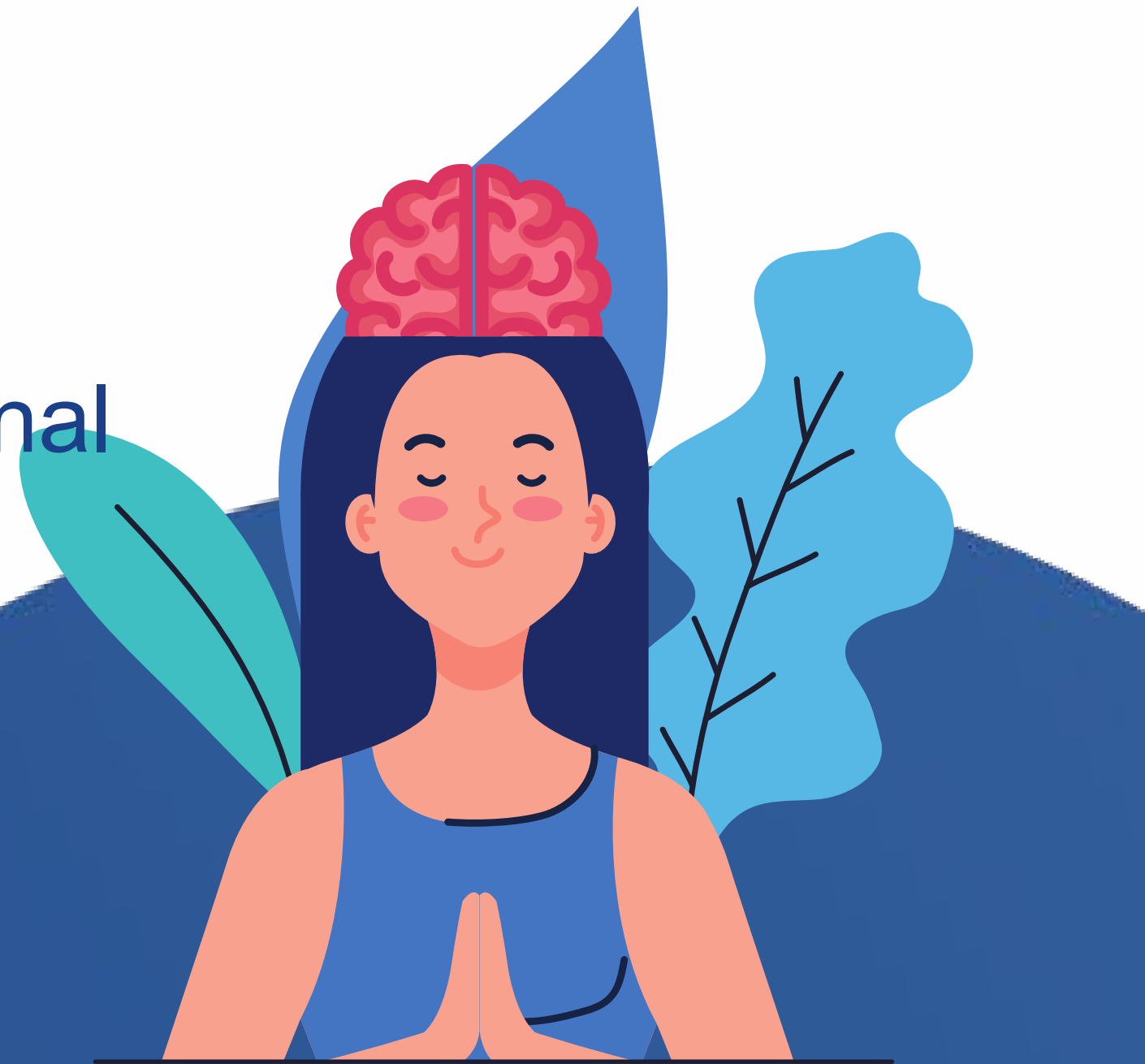
PsyCampus

Service de Santé Mentale à l'ULB

Rob Kaelen, psychologist

Be in touch with your well-being

- It's okay to not be okay
- Take time for self-care
- Reach out to people around you
- Talk to a (mental) healthcare professional



It's okay to not be okay

- Difficult to admit we're having a tough time
- Beware of comparisons to others
- Emotions are useful, it's all about balance
- What are my needs?

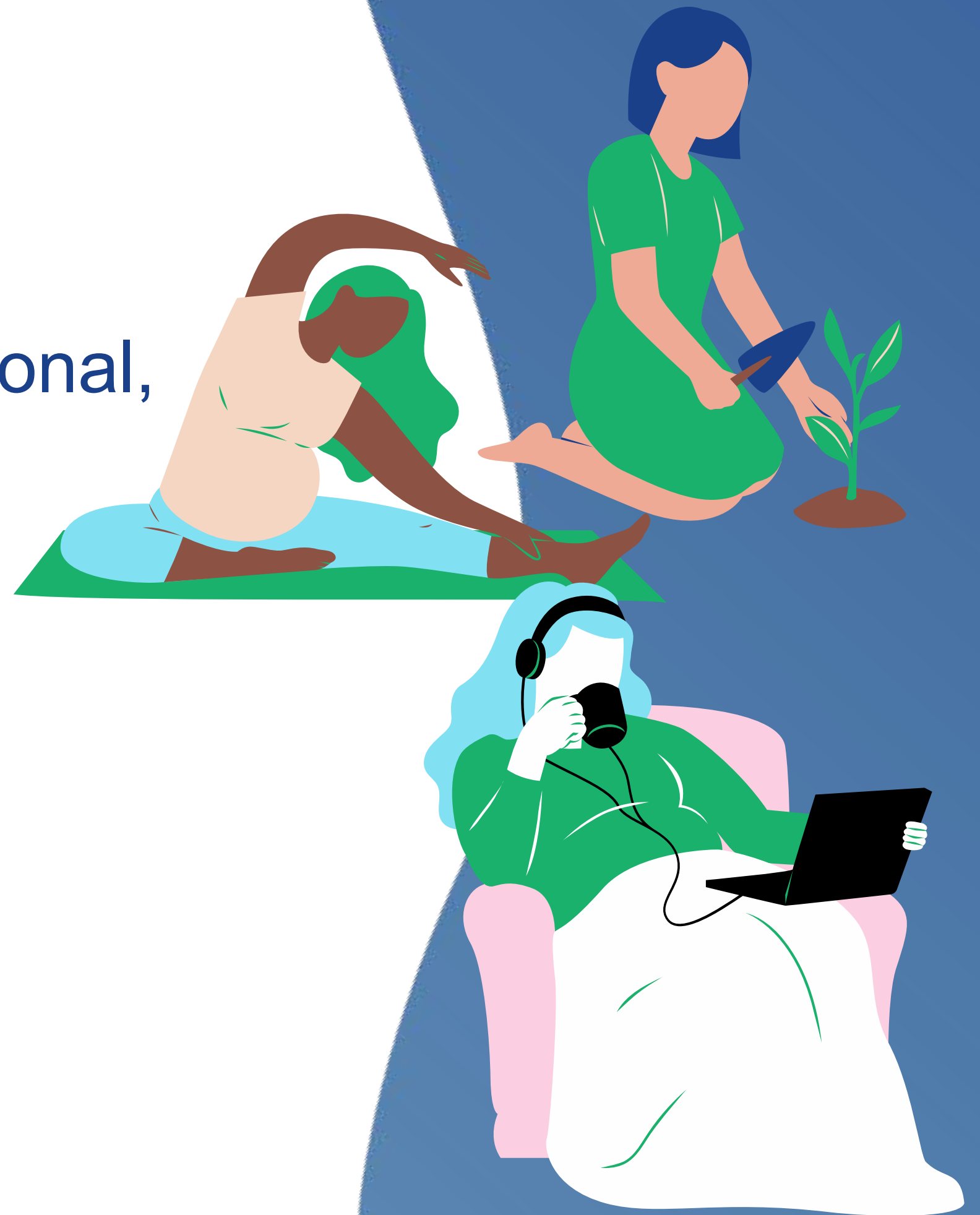


Self-care

Activities that improve mental, emotional, social and physical well-being

What recharges your batteries?

- something we want to do, not something we have to do
- be kind with yourself
- beware of comparisons to others



Reach out

- It's OK not to be OK
- Would it help to share?
- Is there something that keeps me from sharing?
- Who could be a resource?





Talk to a mental health professional

We tend to ask ourselves questions :

- When is the right time?
- Do I suffer enough?
- Am I taking someone else spot?

It's okay to ask for help



Where to ask for help?

3 options :

- Private sector
- Public centers : Services de santé mentale (mental health centers) or centres de planning familial (// planned parenthood)
- 1st line psychologists (psybru.be)

PsyCampus is here for you



- Service de Santé Mentale à l'ULB
- Psychological support for higher education students
- Psychologists et psychiatrists
- 8€/session maximum
- Intake and referral service



PsyCampus is here for you

To place a new request, call us on
working days (except Tuesdays)
between 10 and 12am:

0471 20 56 38

0471 20 56 34

If you'd like to call in English,
preferably call on Thursday



Thank you!



ssm·ulb
Le Service de Santé Mentale à l'ULB
PsyCampus



Public Health Service : Prevention & Promoting Health

→ enable people to increase control over their own health

Reminder from World Health Organization :

"Health is a state of complete **physical, mental and social well-being** and not merely the absence of disease or infirmity."

Different factors determine your health :
disease, genetic, sleep, nutrition, exercices, social network, stress, habits, financial security, housing, politics, air quality, ...

ULB Santé here to help you :

- **to find services :**
doctor, psychologist, but also legal service aid, sport,...
- **to control your own health:**
get some knowledge and improve your capacity through our games, conferences, workshop, posters, ...



Agenda

- **« Déclic Santé Mentale » :**
conferences & workshop about
Mental and Social Health
→ from 3th to 14th november
Solbosch – Plaine - Erasme
- **« Let's Meet » :** new buddies
→ 19th november - Solbosch
- **« Danse ton silence » :**
project to fight against sexual violence
and street harassment
→ 26th november – Solbosch

- **« What were you wearing ? »**
Exhibition
project to fight against sexual violence
and street harassment
→ 2th – 30th december – Erasme
- **« Echoes »**
movie & discussion about
gynaecological violence
→ 15th december – Erasme
- **« Let's Meet » :** new buddies
→ 17th december - Solbosch

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WELCOME & SUPPORT

Any questions?

welcome@ulb.be



FIGHTING NOVEMBER BLUES
VOTRE OPINION COMPTE / GIVE
YOUR FEEDBACK !

Scan me

