

PSYCHE

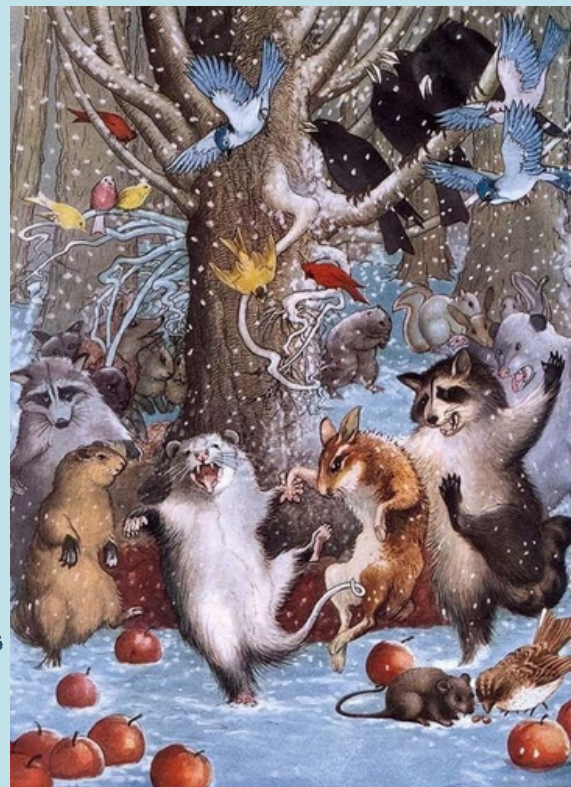
NEWSLETTER

DECEMBER
2024



Winter is here and with it comes a new PSYcHE Newsletter! The PSYcHE team want to extend our continued gratitude for your involvement in our research. None of it would be possible without you!

This edition will focus on the topic of reflection and celebrating the small wins. Here are just a few mental health snippets we hope you enjoy! As always just click the images to go straight to the link.





SOMETHING TO READ

One great way to reflect is by journaling. It can be difficult to know where to start, so this list provides you with CBT-based journaling prompts to help get you thinking. These prompts focus on reflecting on how far you've come this year, even if you might not realise it.



Click me!

SOMETHING TO WATCH

Sisyphus 55 is a YouTube channel that makes videos about philosophy, empathy and modern thinkers. This video covers why it's important to enjoy the little things in life.



Click me!

SOMETHING TO LISTEN TO

The podcast Small Talk! covers a wide range of topics, including personal growth, productivity, mental health, and overcoming challenges. In this episode, Alec talks about how celebrating your wins can be very helpful to your growth.



Click me!

TEAM UPDATES



Maeve gave a workshop on tech survival skills for researchers at the Neuroscience Ireland-Early Career Researchers Network

The PSYcHE Youth Advisory Panel had their final meeting of the year and we discussed plans for more youth involvement in 2025



PSYcHE joined Bluesky, follow us @psychegalway.bsky.social (or click the picture!)



TEAM UPDATES



Sophie presented research on MOST findings at the Galway Neuroscience Centre Annual Research Day



She also won the spunout Volunteer of the Year award!



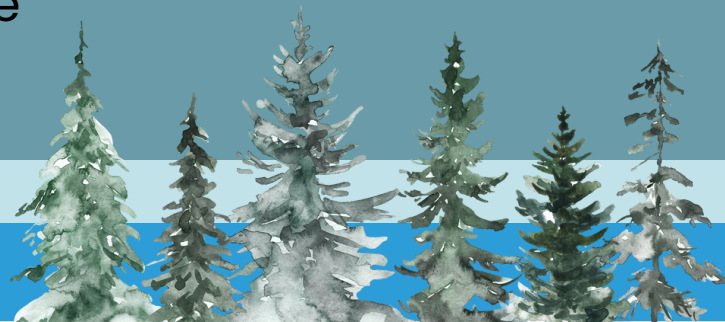
Conor held the Psychosis Arts Collective Thrive Together exhibition which showcased some powerful artworks and highlighted the importance of lived experience



Check out the Psychosis Arts Collective on LinkedIn!



We welcomed Leona to the team!



THANK YOU



We hope you enjoy some of these snippets. From all of us at the PSYcHE team, we thank you again for giving us your time.

Take care, and all the best,



The PSYcHE team

Click me
for a
Christmas
surprise!

