

# Starting Point of Wellbeing

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7.1.2022



Aalto-yliopisto  
Aalto-universitetet  
Aalto University



# Starting Point of Wellbeing fact sheet

## WHAT WE DO?

Starting Point of Wellbeing offers students advice and guidance on services related to wellbeing and study skills

- No appointment needed; drop-in service in Zoom in Finnish & in English, starting from 19.1.2022

In addition to drop-in advising, SPW offers co-studying sessions, other events and groups and workshops

## WHERE TO FIND US?

INTO: Student Life > Support for Studying > Starting Point of Wellbeing

<https://into.aalto.fi/display/enopisk/Starting+Point+of+Wellbeing>

Telegram: @aaltospw

On campus: Room Y199c, Otakaari 1



# Who we are?

- Aalto study and career planning psychologists
- Guidance counsellors
- Finnish Student Health Service (FSHS)
- Aalto chaplains
- UniSport
- In cooperation with Student union AYY, Nyyti ry Mental Wellbeing for Students and HelsinkiMissio



# Schedule

<https://into.aalto.fi/display/enopisk/Starting+Point+of+Wellbeing>

## ONLINE (from 19.1. onwards during the whole Spring term)

Monday	Tuesday	Wednesday	Thursday	Friday
9.15 - 9.45 Mindfulness (in Finnish, from 24.1. onwards)		9.15 - 9.45 <b>UniSport</b> (19.1. onwards)	8.30 - 9.00 Mindfulness (in English, from 20.1. onwards)	
10 - 11.30 <b>Theses&amp;Tomatoes</b> (from 17.1. onwards)			9 - 11 <b>SPW goes Co-Studying</b> (from 20.1. onwards)	
10 - 12 <b>Aalto psychologists</b> (from 24.1. onwards)	10 - 11 <b>Aalto psychologists</b> (from 25.1. onwards)	10 - 11 <b>Aalto psychologists</b> (from 19.1. onwards)	10 - 11 <b>Aalto psychologists</b> (from 20.1. onwards)	10 - 11 <b>Aalto psychologists</b> (from 21.1. onwards)
12 - 13 <b>Guidance counsellors</b> (from 24.1. onwards)	10 - 11 <b>Guidance counsellors</b> (from 25.1. onwards)	10 - 11 <b>Guidance counsellors</b> (from 19.1. onwards)	12 - 13 <b>Guidance counsellors</b> (from 20.1. onwards)	10 - 11 <b>Guidance counsellors</b> (from 21.1. onwards)

## ON CAMPUS (Otakaari 1, room Y199c, in addition to online advising) from 31.1. onwards

Monday	Tuesday	Wednesday	Thursday	Friday
13 - 15 <b>Aalto psychologists</b> (from 31.1. onwards)	12 - 13 Open Doors	13 - 15 <b>Guidance Counsellors</b> (from 2.2. onwards)	13 - 15 <b>Aalto chaplains</b> (from 3.2. onwards)	13 - 15 Open Doors / Various events (TBA)
	13 - 15 <b>FSHS</b> (from 1.2. onwards)			



# Other services at Starting Point of Wellbeing

- Co-studying sessions (currently 2 x week)
- Mindfulness (2 x week, one session in Finnish and one in English)
- Groups and workshops in Finnish and in English
- <https://into.aalto.fi/display/enopisk/Courses+and+workshops+for+students>



# Moment for mindfulness

**This exercise is voluntary, so if you feel that you don't want to participate in it, you can skip it and for example do some stretching or get a cup of tea!**

**There is no goal in any specific mindfulness exercise – anything else than just observe with kindness what happens in your mind and body**

**After this exercise, it's possible to contact me if needed: [sanni.saarimaki@aalto.fi](mailto:sanni.saarimaki@aalto.fi)**

# Thank you!

You can contact us:  
[sanni.saarimaki@aalto.fi](mailto:sanni.saarimaki@aalto.fi)  
[marja.lehto@aalto.fi](mailto:marja.lehto@aalto.fi)

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