

Starting Point of Wellbeing

Sanni Saarimäki, Study Psychologist

Marja Lehto, Guidance Counsellor

7.1.2022

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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>

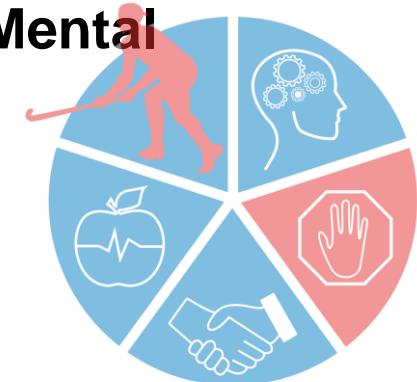
Telegram: @aaltospw

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 UniSport (19.1. onwards)	8.30 - 9.00 Mindfulness (in English, from 20.1. onwards)	
10 - 11.30 Theses&Tomatoes (from 17.1. onwards)			9 - 11 SPW goes Co-Studying (from 20.1. onwards)	
10 - 12 Aalto psychologists (from 24.1. onwards)		10 - 11 Aalto psychologists (from 25.1. onwards)	10 - 11 Aalto psychologists (from 19.1. onwards)	10 - 11 Aalto psychologists (from 20.1. onwards)
12 - 13 Guidance counsellors (from 24.1. onwards)		10 - 11 Guidance counsellors (from 19.1. onwards)	10 - 11 Guidance counsellors (from 20.1. onwards)	10 - 11 Guidance counsellors (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 Aalto psychologists (from 31.1. onwards)	12 - 13 Open Doors	13 - 15 Guidance Counsellors (from 2.2. onwards)	13 - 15 Aalto chaplains (from 3.2. onwards)	13 - 15 Open Doors / Various events (TBA)
		13 - 15 FSHS (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**

Thank you!

You can contact us:
sanni.saarimaki@aalto.fi
marja.lehto@aalto.fi

t.me/aaltospw



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