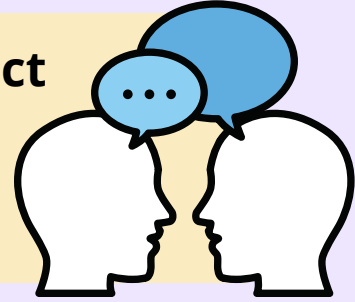


### Res Life Connect

Relaxing activities to connect you with new friends



# RES LIFE ONLINE: OCTOBER

JOIN US AT ANY OF OUR EVENTS ON ZOOM ID: 974 6334 9087



**TUESDAY**  
29 SEPTEMBER

**Show and Tell**  
6pm - 7pm

Get to know your neighbours and chat about your culture, food, and other favourite things!

**THURSDAY**  
01 OCTOBER

**Adulting 101 | Useful Student Life Hacks**  
4pm - 5pm

Learn life hacks to make your student life easier!

**TUESDAY**  
06 OCTOBER

**Practical Ways to Look After Your Mental Health**  
5pm - 6pm

An overview of holistic evidence-based techniques to manage and optimise wellbeing. In collaboration with Inside Out!

**WEDNESDAY**  
07 OCTOBER

**Ultimate Sussex Trivia Night**  
5pm - 6pm

Test your general knowledge, play against your friends and flatmates, and win a special prize!

**THURSDAY**  
08 OCTOBER

**Adulting 101 | Living by yourselves: 10 things we wish we knew**  
4pm - 5pm

Learn life hacks to make your student life easier!

**TUESDAY**  
13 OCTOBER

**Managing Stress and Workload**  
5pm - 6pm

Learn holistic evidence-based stress management techniques

### Res Life Support

Peer guidance to support you



### Res Life Educate

Educational talks about wellbeing & social responsibilities



**THURSDAY**  
15 OCTOBER

**Adulting 101 | Survival (but healthy) Life Hacks**  
4pm - 5pm

Learn life hacks to make your student life easier!

**THURSDAY**  
15 OCTOBER

**Uni and Brighton Bingo**  
6pm - 7pm

Try your luck and match your experiences at Sussex to stand a chance to win a prize!

**TUESDAY**  
20 OCTOBER

**Let's Talk | Black Mental Health**  
5pm - 6pm

Discuss factors contributing towards mental health difficulties in the Black community and consider practical ways to tackle mental health discrimination. In collaboration with Inside Out!

**WEDNESDAY**  
21 OCTOBER

**Hot Drinks and Hot Topics**  
4pm - 5pm

Grab a hot drink and chat about hot topics including celebrity gossip, current events and more!

**THURSDAY**  
22 OCTOBER

**Adulting 101 | Academic Tips and Hacks**  
4pm - 5pm

Learn life hacks to make your student life easier!

**TUESDAY**  
27 OCTOBER

**Intersectionality and Having Difficult Conversations**  
5pm - 6pm

Explore the impacts of ethnicity, positionality and structural oppression on mental health. In collaboration with Inside Out.

**THURSDAY**  
29 OCTOBER

**Cluedo | Murder Mystery at Sussex**  
7pm - 8pm

Join us for a game of Cluedo over Zoom, with some familiar crime scenes to investigate!

IF YOU GET INVOLVED TAG US ON INSTAGRAM @RESLIFESUSSEX #RESLIFEONLINE



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