

Mental health - managing challenges and
anxieties and developing resilience

lechydd meddwl - rheoli heriau a phryderon a
datblygu gwydnwch

<https://www.youtube.com/watch?v=nOkH2jGK4p0>



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

Yr Athrofa
Addysg a'r Dyniaethau
Education and Humanities

www.athrofa.cymru

Challenges at university

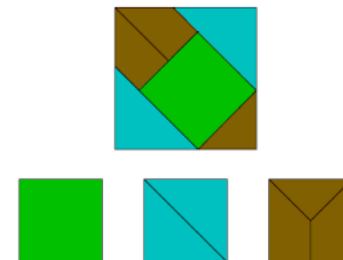
Heriau yn y Brifysgol

- Homesickness
- Building new relationships
- Academic expectations
- Pwysau cyfoedion
- Managing finances
- Other?
- Hiraeth am adref
- Adeiladau perthnasau newydd
- Disgwyliadau academiaidd
- Peer pressure
- Rheoli cyllid
- Arall?



How resilient are you?

Pa mor wydn ydych chi?



- **AIM:** to experience the significance of interrelationships and the connection between personal and group success in building resilience
- Each player must be committed to the goal and the rules
- **NOD:** i brofi pwysigrwydd ein perthynas gyda'n gilydd a'r cysylltiad rhwng llwyddiant personol a llwyddiant grŵp wrth adeiladu gwydnwch
- Rhaid i bob chwaraewr ymrwymo i'r nod a'r rheolau

University Support/Cefnogaeth Prifysgol

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Student e-mail address

Note institution (UWTSD) not
area

Cyfeiriad e-bost myfyriwr

Nodwch sefydliad (PCYDDS)
nid ardal

Counselling Service:

Gwasanaeth Cwnsela:

[https://liveuniticms.com
/uwtSDCarmarthen/](https://liveuniticms.com/uwtSDCarmarthen/)

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