



Are you feeling
overwhelmed
by the demands of
college/university life?

It's time to take control
of your stress and
enhance your wellbeing!

Researchers from Western Sydney University's NICM Health Research Institute have codesigned a Tai Chi-based Stress Reduction program for higher education students with health professionals, Tai Chi instructors, and students. A pilot randomised controlled trial will be held to explore the feasibility, effects, and cost-effectiveness of the stress reduction program in reducing stress, anxiety, and depression among students.

What is Tai Chi?

Tai Chi is a mind-body exercise that combines martial arts movements, meditation, deep breathing, meridian theories, and yin and yang theories to promote relaxation, harmony, inner peace, and improve overall health.

Why participate?

- Learn practical self-care stress management techniques.
- Receive guidance from experienced facilitators and instructors.
- Enhance your mental health and overall wellbeing.
- Contributing to cutting-edge research in stress reduction.
- Enter a draw to win one of ten \$40 Prezzy e-gift cards.

Scan to sign up



Who can join?

Students aged over 16, who:

- Are undertaking tertiary or higher education.
- Have elevated levels of stress-, anxiety-, or depression-related symptoms; OR experiencing a depressive disorder or anxiety disorder.
- Are willing and able to give written informed consent.



What's involved?

- Read the participant information sheet and provide consent.
- Take a demographic and medical history survey.
- Attend two mental health workshops on campus.
- Join an 8-week Tai Chi class tailored for stress reduction on campus.
- Participate in interviews before and after the study.
- Conduct tests about your health and wellbeing before and after the study.
- Online groups are available if you can only join the project remotely

How to get involved?

Spaces are limited. Scan the QR code or contact the Research Assistant to sign up.

Email: a.liao@westernsydney.edu.au

For more information, please contact:

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Scan to sign up



Human Research Ethics Committee Approval: This project has been approved by Western Sydney University Human Research Ethics Committee (Approval Number: H15903). This study is supported by NICM Health Research Institute and Western Sydney University.

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