

# Call For Participants



How do challenging life events affect us?

1 week(s) to complete

Prize draw for 3 £30 Amazon Vouchers

Online Questionnaire

Online

Royal Holloway University of London

We want to learn more about how challenging life events, whether small or big, affect everyone; in particular, the tendency to notice bodily sensations and regulate emotions, which are two things believed to impact on our emotional wellbeing. You are invited to take part whether or not you identify as having a history of challenging life events, as I believe it is important to understand the experiences of everyone in order to develop support for those negatively affected by such events.

Find out more online

Poster printed on 09/05/2024

Study expires on 01/04/2024

## More info

by scanning the QR code  
or visiting the URL

# [www.cfp.cc/2L3AK3](http://www.cfp.cc/2L3AK3)

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