FEELING STRESSED? RELAX AND LEARN SOME NEW SKILLS WHILE YOU

DE-STRESS FOR ACADEMIC SUCCESS

SHERROD LIBRARY ROOM 309
TUESDAYS 12-1 PM

March 19: Applied Japanese Philosophy:
Constructive Living, Kaizen, and Naikan
Changing your mindset can help you to stop procrastinating, give you the confidence to speak in public, and make progress on any project

March 26: Stress GPS: Gaining Practice Skills
Take charge of managing your stress through practical skills like coping techniques, block scheduling, healthy venting, and problem solving

April 2: Mindful Movement Practices:
How to Cultivate Body Awareness
Learn to tune into your body through movement meditation to reduce stress and anxiety

▲ = Psych Speaker Series approved
▼ = Students in EDFN 5420-001 who attend this workshop and complete a reflection assignment may earn 10 points.
Students can participate in multiple workshops.
For more information, see http://bit.ly/2C6Qi8Y