

“Taking Charge of Your Headspace”

Stress and Coping Workshops

Drop-In on Tuesdays

1:00pm-2:00pm

Location

718 Gruening

or

ZOOM in by using the following link:

<https://alaska.zoom.us/j/897593064>

or call in:

<tel:++1669-900-6833>

QR Code



Topic Schedule

January

Tues. 21st	Time Management and Procrastination
Tues. 28th	Coping with Stress and Change

February

Tues. 4th	Roommate Relationships
Tues. 11th	Self-care
Tues. 18th	Overcoming Test Anxiety
Tues. 25th	Mastering your Memory

March

Tues. 3rd	Coping with Depression
Tues. 17th	Managing Anxiety
Tues. 24th	Mindfulness
Tues. 31st	A Good Night's Sleep

April

Tues. 7th	Healthy Diet and Exercise
Tues. 14th	How to Prepare for finals
Tues. 21st	Time and Stress Management
Tues. 28th	Managing anxiety

May

Tues. 5th	Meditation and Self-care
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Feel free to bring lunch!

Hosted by:

UAF Student Health and Counseling Center
Facilitated by Stacey Schmitt, LCSW

ALL STUDENTS ARE WELCOME!
“Taking Charge of Your Headspace” is a great fit for anyone who would like to learn the basics of stress management or incorporate new approaches to improve their ability to cope with adversity and manage stress with resilience.



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