



#SkillstoChill

Workshops on Stress and Anxiety Management

*Learn coping skills *New material each week

*Connect with Peers *Safe Space open to all

Starts February 12

MONDAYS 12:00-1:00 or 1:00-2:00

SUB 209

Come for one or two or come for them all! 😊 No need to sign up

**Mindfulness *Art Therapy *Sleep Hygiene *Music that soothes*

**Nutrition *Relaxation Techniques *Time Management *Balanced*

*Lifestyle *Play*

*Psychological Counseling Center
A Division of Student Affairs*