



# #SkillstoChill

**NEW** 3 Session Group on Stress & Anxiety Management

**\*Learn coping skills \* Balance your life**

**\*Connect with Peers \*Safe Space open to all**

**THURSDAYS 2:30-4:00**

**This group meets for 3 weeks and will be repeated throughout the semester. For more information and/or to register: call or stop by the PCC (Psychological Counseling Center) x2920**

***\*Mindfulness \*Art Therapy \*Sleep Hygiene \*Music that soothes \*Relaxation Techniques***

***\*Time Management \*Balanced Lifestyle \*Creative Play \*Humor \*Connection to Nature***

***\*Physicality/Exercise \*Understand how your nervous system works***

***\*Develop a stress-busting tool kit***

***\*Feel more in control and hopeful 😊***

*Psychological Counseling Center*

*A Division of Student Affairs*