



#SkillstoChill

NEW 3 Session Group on Stress & Anxiety Management

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

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

THURSDAYS 3:30-4:45

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