Making Friends with Stressors

Wednesday, February 21, 2018
12:30-2:00pm | SCC, Room E

Please register: https://friendswithstressors.eventbrite.com

Feeling stressed? This workshop will help you exam your stressors and learn helpful strategies to reposition your stress. You will explore ways to engage in purposeful relaxation and strategies for creating a moment of peace in the chaos of your graduate student life.

Workshop Leader:

Dr. Bai-Yin Chen, Psychologist, Counseling Services
Bai-Yin Chen is a psychologist specializing in college mental health and graduate student concerns and issues.

Sponsored by Counseling Services and

GradPathways