

TAME THE BRAIN

GRADUATE STUDENT WELLNESS WORKSHOP

SPRING 2024

Sense of Self

Thursday, January 25th, 11:00am-12:00pm

This workshop explores the five senses to assist in mindfulness and relaxation. There are five different breathing exercises that will use your senses to meditate.

Requires a flavored beverage or snack, a fragrance, a tactile object, and pencil and paper..

Grad Student Lounge, 126 College Ave

Too Stressed To Test: Managing Anxiety

Thursday, February 15th, 11:00am-12:00pm

Students will discuss the things that cause them anxiety and its impact. Student's will learn coping skills to better manage their anxiety.

Grad Student Lounge, 126 College Ave

Who am I? Knowing Why You Belong

Thursday, March 14th, 11:00am-12:00pm

Learning to acknowledge yourself and tear down the walls of imposter syndrome. Understanding that you are enough, while exploring how you show up for yourself and have no need to compete with others.

Grad Student Lounge, 126 College Ave

Don't Tip the Scale: Work Life Balance

Thursday, April 11th, 11:00am-12:00pm

Students will be introduced to the Dimensions of Wellness and the benefits of having a balanced life. They will use the dimensions to recognize where they have strengths and offer ways to create life balance amid academic responsibility.

Grad Student Lounge, 126 College Ave

NO REGISTRATION REQUIRED

For more information, please contact gradstudentlife@echo.rutgers.edu