

# GRADUATE STUDENT WELLNESS WORKSHOPS 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**

## *Time Management & Life Balance Workshop*

**Tuesday, March 5th, 2:00pm-3:00pm**

How do we balance taking out time for ourselves and being a supportive friend or family member?

Let's talk about strategies for managing and prioritizing our busy schedules.

<https://go.rutgers.edu/balance>

## *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**

## *Managing Imposter Syndrome and Cultivating Self-Compassion*

**Tuesday, January 30th, 2:00pm-3:00pm**

Join Community Based Counselor Dana, along with your peers, to talk about the impact of imposter syndrome, self-image, and ways to practice self-compassion.

<https://go.rutgers.edu/imposter>

## *Emotion Regulation, Stress Management, and Cultivating Resilience*

**Tuesday, February 20th, 2:00pm-3:00pm**

Join Dana and your peers, as we focus on skills for recognizing and managing stress and emotions, and increasing resilience.

<https://go.rutgers.edu/resilience>

## *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**

## *Working Through Anger, Resentment, and Conflict*

**Monday, April 15th, 2:00pm-3:00pm**

Join Dana and your peers as we discuss techniques and strategies to address conflict and let go of resentment. We will talk about anger as a healthy emotion, and discuss various ways we can express and discharge angry feelings in a productive way.

<https://go.rutgers.edu/conflict>

## *Mindfulness Meditation Workshop*

**Thursday, May 2nd, 2:00pm-3:00pm**

Join Dana, along with your peers, as we focus on the here and now, without judgment, and practice several examples of mindfulness meditation exercises.

<https://go.rutgers.edu/meditation>

**NO REGISTRATION REQUIRED**

For more information, please contact [gradstudentlife@echo.rutgers.edu](mailto:gradstudentlife@echo.rutgers.edu)