

THROTTLE DOWN THURSDAYS

GRADUATE STUDENTS- COME EXPLORE HOW TO
MANAGE YOUR STRESS BEFORE IT BUILDS UP!

EVERY THURSDAY 11 AM - 12 PM IN-PERSON
GRADUATE STUDENT LOUNGE, 126 COLLEGE AVE

SENSE OF SELF

9/21, 10/19, 11/16, 12/21

This workshop explores the five senses (Sight, Hearing, Taste, Touch, and Smell) to assist in mindfulness and relaxation.

*requires access to a flavored beverage or snack, a fragrance, a tactile object, and pencil and paper.

TOO STRESSED TO TEST: MANAGING ANXIETY

9/28, 10/26, 11/30

This is a space for student to discuss the things that cause them anxiety, its impact on their life, and receive support with coping skills.

WHO AM I? KNOWING WHY YOU BELONG

10/5, 11/2, 12/7

Learning to acknowledge yourself, tear down the walls of imposter syndrome, and understand that you are enough, including lessons on how to show up for yourself.

DON'T TIP THE SCALE: WORK LIFE BALANCE

10/12, 11/9, 12/14

The workshop will offer ways to create life balance amid academic responsibility, including the Dimensions of Wellness and using the dimensions to recognize where they have strengths.