

GRADUATE STUDENT WELLNESS WORKSHOPS

SPRING 2025

Managing Imposter Syndrome and Cultivating Self-Compassion

**Thursday, February 6th
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

**Monday, February 24th
1:00pm-2:00pm**

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

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

Time Management & Life Balance Workshop

**Monday, February 24th
1:00pm-2:00pm**

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

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

Working Through Anger, Resentment, and Conflict

**Friday, April 11th
11:00am-12:00pm**

Discuss techniques and strategies to address conflict, let go of resentment, talk about anger as a healthy emotion, and discuss ways we can express and discharge angry feelings in a productive way.

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

Mindfulness Meditation Workshop

**Tuesday, April 22nd
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**

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