



What is the Wellness U workshop series?

These are short, 50-minute seminars focused on educating you about certain topics and/or teaching you specific skills to enhance your overall wellness. No time commitment required. Participants pick and choose seminars which are relevant to their concerns. Unlike group therapy, no personal sharing is required in workshops, though active participation in exercises is encouraged.

CHANGE UR PERSPECTIVE, CHANGE UR LIFE

Learn about unhelpful thinking styles and increase your knowledge of styles you identify with. Learn alternative responses to unhelpful thinking, and become more aware of your ability to challenge and change thinking patterns.

GUIDED MEDITATION

Offered daily from 3-3:20 pm at SCS, no appointment needed. Join us for a program of deep breathing, creative visualization, progressive muscle relaxation, and mindfulness.

STRESS AND ANXIETY 101

Understand the physical effects of stress and anxiety by learning about the fight, flight, or freeze response, the differences between motivational and unhelpful stress/anxiety, and the differences between stress/anxiety and diagnosable disorders. Practice a basic technique for stress and anxiety management.

THE ABZzzzs OF SLEEP

Learn about sleep hygiene and how sleep quantity and quality affect other areas of wellness. Walk away with practical tips for getting a better night's sleep.

WELL MIND, WELL BODY

Learn about mindfulness, how to implement different strategies into your day-to-day life, and increase your overall health and wellness.