Everyone has mental health and occasionally help and support is needed to manage your emotional health and well-being. Join us in learning about the importance of emotional health and well-being through different workshops and a campus and community Resource Fair.

CAMPUS AND COMMUNITY RESOURCE FAIR
11:30am to 1:00pm Coffman Hall (CF) by 206/208

WORKSHOP SESSIONS BELOW | 10:00AM TO 3:30PM

10:00AM TO 10:50AM

LAUGHTER YOGA IN CF 206/208
Learn to laugh together and use your breath to be more fully present in your daily life.

QPR IN CF 202
Learn how to ask questions (Q) about if someone is feeling suicidal, how to persuade someone to get help (P), and how to make an effective referral (R).

11:00AM TO 11:50PM

RADICAL SELF LOVE IN CF 206/208
This session will explore sources of negative self-messages, apply a critical lens to media, and explore tools and resources to overcome shame and stigma to increase self-love.

TEST ANXIETY IN CF 202
Learn what test anxiety is, how you can manage it, and how you can even use it to your advantage.

12:00PM TO 12:50PM

ENHANCE RESILIENCE AND MANAGE STRESS IN CF 206/208
This session will explore sources of stress and encourage personal reflection.

1:00PM TO 1:50PM

USE MINDFULNESS TO BECOME HAPPIER IN HS 128
Five simple steps you can try today! Shift your energy from stress and anxiety to resilience with simple, quick techniques you can practice today.

RELAXATION TECHNIQUES IN CF 206/208
Immerse yourself into a variety of relaxation modalities such as stretching to release tension, breath work to connect mind and body, and a body scan meditation.

2:30PM TO 3:30PM

TEST ANXIETY IN HEINTZ 1100
Learn what test anxiety is, how you can manage it, and how you can even use it to your advantage.