

# Counseling Center Calendar

Week of April 27, 2020 through May 1, 2020

Discovering Yourself

BSMI

Workshops

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Body Image and Staying Active During COVID-19</b></p> <p>12:00 Noon</p>		<p><b>ADHD and Online Classes</b></p> <p>10:00 a.m.</p>		<p><b>Social Media and the Effect on Mental Health</b></p> <p>10:00 a.m.</p>
		<p><b>Mindfulness and Deep Breathing</b></p> <p>2:00 p.m.</p> <p>— —</p> <p><b>Overcoming Procrastination</b></p> <p>3:00 p.m.</p>	<p><b>Sleep Hygiene &amp; Progressive Muscle Relaxation</b></p> <p>2:00 p.m.</p>	
<p><b>Tips for Working &amp; Being a Student from Home</b></p> <p>10:00 a.m.</p> <p>— — —</p> <p><u><a href="#">Coping with COVID</a></u></p> <p><b>DROP IN</b></p> <p>2:00 p.m.</p> <p>— — —</p> <p><u><a href="#">Finishing Strong: Health &amp; Wellness Tips</a></u></p> <p><b>DROP IN</b></p> <p>3:00 p.m.</p>	<p><b>Feel Better Fast</b></p> <p>1:00 p.m.</p> <p>— — —</p> <p><b>Managing Emotions</b></p> <p>2:00 p.m.</p>	<p><b>The Role Exercise, Sleep and Nutrition Play in our Mental Health</b></p> <p>1:00 p.m.</p> <p>— — —</p> <p><u><a href="#">Coping with COVID</a></u> (cognitive reframes)</p> <p><b>DROP IN</b></p> <p>2:00 p.m.</p>	<p><b>Anxiety Toolbox (#3)</b></p> <p>9:00 a.m.</p> <p>— — —</p> <p><u><a href="#">Coping with COVID</a></u></p> <p><b>DROP IN</b></p> <p>11:00 a.m.</p> <p>— — —</p> <p><b>Getting Unstuck (#2)</b></p> <p>1:00 p.m.</p> <p>— — —</p> <p><u><a href="#">Coping with COVID</a></u> (boundaries)</p> <p><b>DROP IN</b></p> <p>2:00 p.m.</p>	<p><u><a href="#">Having Fun During COVID-19</a></u></p> <p><b>DROP IN</b></p> <p>12:00 Noon</p> <p>— — —</p> <p><b>Anxiety Toolbox (#2)</b></p> <p>1:00 p.m.</p>