

Counseling Center Calendar

Week of May 4, 2020 through May 8, 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Discovering Yourself BSMI Workshops	Body Image and Staying Active During COVID-19 12:00 Noon		ADHD and Online Classes 10:00 a.m.		The Role Exercise, Sleep & Nutrition Play in our Mental Health 10:00 a.m.
		Time Management 2:00 p.m.	Mindfulness and Deep Breathing 2:00 p.m.		
	Tips for Working & Being a Student from Home (Finals Week) 10:00 a.m. ---- <u>Coping with COVID</u> DROP IN 2:00 p.m. ---- <u>Finishing Strong: Health & Wellness Tips</u> DROP IN 3:00 p.m.	Feel Better Fast 1:00 p.m. ---- Managing Emotions 2:00 p.m.	The Effect Social Media has on our Mental Health 2:00 p.m. ---- <u>Coping with COVID</u> (cognitive reframes) DROP IN 2:00 p.m. ---- Tackling Test Anxiety 3:00 p.m.	<u>Coping with COVID</u> DROP IN 11:00 a.m. ---- Getting Unstuck (#3) 1:00 p.m. ---- <u>Coping with COVID</u> (boundaries) DROP IN 2:00 p.m.	<u>Having Fun During COVID-19</u> DROP IN 12:00 Noon