

Mindful Way through a Pandemic

Monday April 11 at 12pm-1pm

Everyone experiences stress as a normal response to challenging life experiences, with the pandemic adding an additional layer of stress to everyone's life. This virtual workshop will discuss the impact of the pandemic on peoples' mental and emotional health, and provides practical strategies for coping with uncomfortable thoughts and feelings in healthy ways using mindfulness.

***If you are interested,
please sign up using
the QR code!***



*Provided by a mental health professional from the Counseling and Student Development Center.
Hosted by the Office of Student Affairs Assembly.*