



Wellness Workshops

www.csulb.edu/caps • 562.985.4001

Time: 12-1 PM • Location: BH - 226

Date	Workshop	Description
Oct 20	Healthy Romantic Relationships	We all want to learn how to develop and foster a healthy romantic relationship. We will be discussing knowledge and some of the myths of healthy relationships, and become more aware of when you might be or someone you know may be in an unhealthy relationship.
Oct 27	Leaving a Toxic Relationship	There is often silence when it comes to making a decision about leaving a relationship. We will discuss the meaning of safety, strategies for protecting yourself, and how to access resources and support through the process.
Nov 3	Healing From an Unhealthy Relationship	The ability to trust ourselves and others is an important aspect in healthy relationships. We will discuss topics such as building social supports, paying attention to your feelings and reactions, taking your time, and recognizing your strengths.
Nov 17	Avoiding the Holiday Blues	As the holidays approach, for many this can be a time that brings stress, increased expectations, and the blues. Come to this workshop to learn some helpful strategies.
Dec 8	Overcoming Negative Thinking	How we emotionally respond at any moment depends on our interpretation of events. Learn to identify & refute your own negative thinking to help reduce stress and remain calm & relaxed.

Time: 1:30-2:30 PM • Location: SRWC - Beach

Date	Workshop	Description
Sept. 21 and Nov 2	Recreation & Play	Have you ever thought you spend too much time studying or working? If so our workshop will help you identify and develop a plan to balance your life by adding some fun.
Sept 28 and Dec 14	Stress & Relaxation Skills	Would you like help developing more skills to deal with many of life's stressors? If so, please join us for this workshop.
Oct 5 and Nov 9	Connecting with Friends, Partners and CSULB	Have you ever felt like you have lost touch or are losing touch with friends, partners or the CSULB community? This workshop will help you recognize some ways to connect.
Oct. 12 and Nov. 16	Get a Good Night's Sleep	Do you struggle to fall asleep or find you wake up frequently during the night? Come learn facts about sleep and some simple tips that can dramatically improve your ability to get a good night's rest.
Oct 19 and Nov 23	Mindful Eating 101	Do you eat mindfully or mindlessly? Practice techniques of mindful eating and begin to enjoy a healthier relationship with food.
Oct 26 and Nov 30	Slowing Down & Living in the Now	Does your life ever feel like it is going by too fast? This workshop is focused on helping students learn how to slow their lives down and empower themselves by doing what they can now.
Dec 7	Getting Pumped Up for Finals!	Learn mental skills such as confidence building, positive self-talk, and anxiety control to help reduce test anxiety, improve your study habits and overall academic performance.