

Wellness Wednesday Workshops



Date	Workshop	Description
Sept 30	Relieving Stress	Learn to integrate deep breathing, muscle relaxation, and imagery for a quick and easy stress relief. Learn progressive muscle relaxation- a deep relaxation technique used to reduce symptoms of stress & anxiety.
Oct 7	Understanding your Communication Styles	Every time we speak, we choose a communication style. Good communication skills require self-awareness. Understanding your communication style will help you create healthy relationships with others.
Oct 14	Healthy Romantic Relationships	We all want to learn how to develop and foster a healthy romantic relationship. We will be discussing knowledge, myths of healthy relationships, and become more aware of when you or someone you know might be in an unhealthy relationship.
Oct 21	Mindful Eating 101	Do you eat mindfully or mindlessly? Practice techniques of mindful eating and begin to enjoy a healthier relationship with food.
Oct 28	Spiritual Practices: Compassion	Spiritual practices help us recognize the presence of the sacred in our everyday experiences. We will introduce a specific practice, share our experiences, and generate ideas for adding this practice to our lives within our individual spiritual traditions.
Nov 4	Goal Setting & Time Management	This workshop will help you learn the strategies to effectively manage your time and also to help you define and achieve goals with more success.
Nov 18	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 2	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.
Dec 9	Get 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 improve your overall academic performance.

WEDNESDAYS, 12 - 1 PM

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