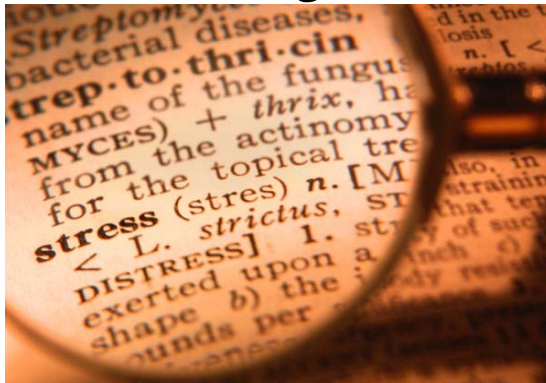


FEELING OVERWHELMED??

Feel Better Fast: A workshop on how to manage stress and feeling overwhelmed



Series I: Tuesdays 12:30-2pm
January 18, January 25, and February 1
Series II: Mondays 4:30-6pm
January 24, January 31, and February 7

Both series will be held in Room 412 of the PAES Building.
The PAES Building is connected to the RPAC by the Scarlet Walkway.

This workshop is for students interested in understanding and managing stress, varying moods, and feeling overwhelmed. Students will learn relaxation techniques, cognitive-behavioral strategies, time management skills, and how to enhance resources to combat daily stress. To maximize benefit, it is recommended that students attend all three sessions in a series. However, if students cannot attend all three sessions in a series, they are welcome to attend one or two sessions. All enrolled OSU students are welcome to attend and no prior reservation is necessary. For questions, contact Kristin Hoff at hoff.70@osu.edu.

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