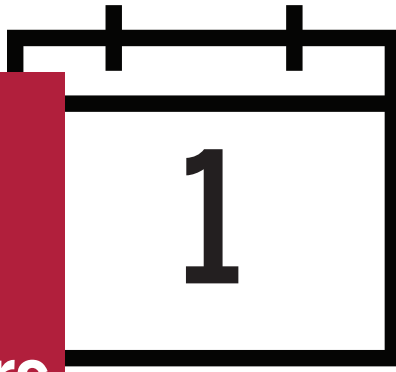


Monday Motivators



**Mon
3/28**

Help Me Sleep!
5:00-6:00pm
Hazelbaker Hall E159

Can't fall asleep? Waking up tired? We can help you sleep better! Improved sleep increases your concentration and learning and balances your mood. Brooke Halpern, M.A., will help you find ways to change the way you sleep.

**Mon
4/4**

Stress Management
5:00-6:00pm
Hazelbaker Hall E159

If you're feeling overwhelmed, burnt out, or "blah", this workshop is for you. Chris Meno, Ph.D. will help you learn skills to change the way you manage stress and take care of your stressed-out body and mind!

**Mon
4/11**

**Self-Compassion
and Resilience**
5:00-6:00pm
Hazelbaker Hall E159

Research suggests the skill "self-compassion" decreases emotional suffering and helps people to thrive. In this workshop facilitated by Ciemone Easter-Rose, M.A., participants will learn about the elements of self-compassion, the benefits of self-compassion, and practice experiencing self-compassion.

**Mon
4/18**

Think Happy!
5:00-6:00pm
Hazelbaker Hall E159

Research on "happiness" suggests there are specific activities you can do in your day to day life to increase feelings of happiness. Eric Samuels, M.A., M.S., will teach you strategies to experience more happiness.

**Mon
4/25**

**Get Appy:
Apps for Wellness**
5:00-6:00pm
Hazelbaker Hall E159

You can use apps to track your sleep, improve your mood, increase gratitude, lead you through guided meditations and Mindfulness practices, and so much more! Chris Meno, Ph.D., will demonstrate apps for Android and iOS.

