

WORKSHOPS FALL 2020

CENTER FOR STUDENT MENTAL HEALTH AND WELL-BEING

STRESS LESS

Ready to lower anxiety and depression? Using Acceptance and Commitment Therapy (ACT) practices, this 4-week structured workshop will teach you skills to grow mindfulness.

Wednesdays - 2 PM - 9/23, 9/30, 10/7, & 10/14
Fridays - 11 AM - 10/23, 10/30, 11/6, & 11/13

To register, email workshops@mtu.edu

BUILDING RESILIENCE

When faced with difficulty and challenges in life, how does a person cope, adapt, and bounce back? This workshop focuses on the concept of resilience and how to build these skills and abilities to better cope with challenges and gain confidence in oneself to persevere when life is difficult.

Thursdays - 2 PM - 10/15, 10/22, 10/29, 11/5

To register, email workshops@mtu.edu

BUILDING EMOTIONAL STRENGTH

Unhappy and don't know what to do about it? Life is messy - rise above the mess. Learn how to understand your emotions and keep them from taking over.

Mondays - 2 PM - 9/28, 10/5, 10/12, 10/19

To register, email workshops@mtu.edu

MINDFUL LIVING

Tired of being tired, overwhelmed and behind? Mindfulness can increase joy and help eliminate the negative cycle of anxiety and connect you with your inner-self, even in the most stressful times.

Mondays - 11 AM - 10/26, 11/2, 11/9, & 11/16
Tuesdays - 10 AM - 9/22, 9/29, 10/6, & 10/13

To register, email workshops@mtu.edu

MOTIVATION

Motivation. The magical key to success that everyone else seems to have. We get it, motivation is not as easy as it sounds. Whether you're looking to strengthen yours or find it to begin with, this workshop is a great place to start.

Wednesdays - 1 PM - 9/30, 10/7, 10/14, 10/21

To register, email workshops@mtu.edu

GETTING PAST LOVE

Trying to get over a recent heartbreak? Break-ups are never easy, get help moving on with this DIY pre-recorded workshop, complete this workshop at your own pace.

Available online at: <https://www.mtu.edu/well-being/workshops>

WORKSHOPS ARE DESIGNED AS A SERIES, SO IT IS EXPECTED THAT YOU WILL BE ABLE TO ATTEND FOR EACH OF THE 4 SESSIONS. SIGN UP BY EMAILING [WORKSHOPS@MTU.EDU](mailto:workshops@mtu.edu) OR VISITING WWW.MTU.EDU/WORKSHOPS.