Coping Skills Workshop

Jan 24th
Mindfulness for Stress Relief
Stress is often tied to painful feelings about the past and worry about the future. Learn how to use mindfulness to be present so you feel less stressed.

Feb 7th
How to Get What You Need in Relationships
Navigating relationships is tricky! Learn how to decide when to say no, when to ask for something, and how to get what you want.

Jan 31st
Mindfulness for Self Compassion
Your relationship with yourself has a huge impact on your well-being. Learn how to use mindfulness to be kinder to yourself.

Feb 14th
Changing Difficult Thoughts
You have more than 50,000+ thoughts a day. They can often lean to painful feelings like anxiety, stress, and depression. Learn how to change unhelpful habits of thinking and feel better.

Feb 21st
Sleep Better Tonight!
Sleep impacts wellness in many ways, including how you feel and your ability to learn. Learn techniques that you can start applying tonight to improve sleep.

These 5 workshops focus on learning skills to help you feel better fast.

Facilitated by: Anne Swenson, Ph.D
Where: Counseling Center | Schmitz 401
When: Friday 11:30 am - 12:20 pm

For more information, check out uw.edu/counseling or email Anne at swensa@uw.edu