TAMING HABITS

Struggling with unwanted habits? Learn ways to ease urges and cravings, while working on understanding the underlying causes of your habits. Examples of unwanted habits: worrying, binge-eating, internet use, procrastination.

4-5 pm • March 23, 30 & April 6 • Library 243
Sign up by emailing 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. This workshop will be offered twice.

4-5 pm • Feb. 24, March 2, & 16 • Library 243
4-5 pm • April 9, 16, & 23 • Library 243
Sign up by emailing 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. This workshop will be offered twice.

4-5 pm • Jan. 23, 30 & Feb. 6 • Library 243
4-5 pm • April 13, 20, & 27 • Library 243
Sign up by emailing workshops@mtu.edu

STRESS LESS

Feeling stressed out? Ready to have a different relationship with anxiety & depression? Develop skills to manage your stress and live the life you want.

4-5 pm • March 5, 19, 26, & April 2 • Library 243
1-2 pm • Feb. 4, 11, 18 & March 3 • Admin 201
Sign up by emailing workshops@mtu.edu

MOTIVATION 101

Motivation. Everyone else has it (JK), but seriously, where is yours? 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.

4-5 pm • Jan. 27, Feb. 3, & 10 • Library 243
Sign up by emailing workshops@mtu.edu

THE SCIENCE OF RELATIONSHIPS

Learn how to strengthen relationships and make new connections. Dive into what it takes to be a good friend. Explore the importance of community and relationships in your life.

4-5 pm • Feb. 13, 29, 27 • Library 243
Sign up by emailing workshops@mtu.edu