MINDFUL LIVING 2.0

Already taken Mindful Living? Check out our Mindful Living 2.0 workshop to experience more mindfulness training.

Mondays - 2 - 3 PM - 11/29, 12/6 & 12/13

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 - 10 - 11 AM - 9/29, 10/6, 10/13, & 10/20
Thursdays - 4 - 5 PM - 10/28, 11/4, 11/11, & 11/18

CREATING CAREER CONFIDENCE

Wishing you had a little more confidence for your job search, interviews, future work relationships and more? This workshop will focus on building confidence, self-care during the job search, and give you skills to handle your emotions during the job search and beyond.

TBD - November 2021

MINDFUL LIVING

Open your mind. Manage stress. Get better sleep. Decrease self-judgement. This is an all-levels mindfulness class; perfect for beginners and people with mindfulness practice. Please note that this is a 75 minute workshop.

Thursdays - 11 AM - 12:15 PM - 9/30, 10/7, 10/14 & 10/21
Wednesdays - 1 - 2:15 PM - 10/13, 10/20, 10/27 & 11/3

WORKSHOPS FALL 2021

Center for Student Mental Health and well-being

Most of our workshops are designed as a series, so it is expected that you will be able to attend for each of the sessions in a 3-4 week series. For more information and to sign up for a workshop, visit: mtu.edu/well-being/programs/workshops/.
BUILDING RESILIENCE

When faced with difficulty and challenges in life, how do you 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 - 1-2 PM - 10/14, 10/21, & 10/28

EMERGING FROM THE PANDEMIC

Are you worried about bursting your COVID-19 bubble and unsure of your 'new normal'? We get it - the pandemic has disrupted our daily lives and added a ton of stress! Learn strategies for navigating the changing social norms and expectations of the COVID-19 pandemic and emerge victorious. This 3-part workshop will help you navigate the loss of normalcy, anticipated futures, and lost time; and develop skills to manage anxiety, social anxiety, and address worries about returning to campus.

Mondays- 2 PM - 3 PM - 9/20, 9/27, 10/4 & 10/11

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

For more up-to-date information, check out: mtu.edu/well-being/programs/workshops/

Looking for academic workshops? Check out the library workshops on everything from research, citations, data management, 3D printing, Microsoft Office, dissertation and thesis writing, and more! https://www.mtu.edu/library/instruction/workshops/