JUN 5| FINDING BALANCE: MANAGING STRESS & ANXIETY
Navigating life during uncertain times can be hard! This workshop will help you learn new stress management tools and creatively implement your old coping strategies while physical distancing.

JUN 12| ALONE BUT AT PEACE: MANAGING LONELINESS
Want to better manage feelings of loneliness? Want to increase your sense of connection? This workshop will provide tools focused on enhancing your social well-being while physically distant.

JUN 19| AVOIDING BURNOUT: MANAGING SLEEP & STRESS
Are you feeling zoomed out? Having sleep difficulties? Not sure how to get off the path to burnout? This workshop will provide tools to improve your sleep, stress, and general well-being and help you avoid burnout.

JUN 26: PREPARE FOR PROCRASTINATION
Is procrastination getting in the way of you completing your homework, studying for tests, cleaning your room, or attending classes on Zoom? This workshop will help you identify what perpetuates your cycle of procrastination and develop tangible skills to break the cycle.

Questions? Contact mpalan2@emory.edu or jessica.lynn.heneghan@emory.edu