**Drop In Workshops**

**DAYS, TIMES, AND LOCATION:**

**Thursdays 12-1 pm**
February 4 – April 28, 2016
Taylor Hall, Room 113

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**Stress Management Techniques**
This workshop is adapted from Margaret Wehrenberg’s book “The Best Ever Anxiety Techniques.” It will teach you practical relaxation techniques to reduce anxiety, such as breathing, mindfulness, awareness, muscle relaxation, and thought stopping.

*Dates offered:* 2/4, 3/10, 4/28

**Thinking Gone Wrong: Challenging Cognitive Distortions**
This workshop will outline 10 most common cognitive distortions. Cognitive distortions are irrational, inflated thoughts or beliefs that distort our perception of reality and cause stress. You will learn how to recognize these distortions and improve your well-being.

*Dates offered:* 2/11, 3/24, 4/28

**Stress Isn’t Sexy**
This workshop will focus on the effects of stress on our physical appearance. It can take you from sexy to sloth in a matter of weeks. Stress and anxiety often interrupt basic functions like eating, sleeping, thinking and sexual arousal. They can even change simple body functions like peeing and pooping. All these changes then are seen in our bodies, from skin, hair, eyes, body physique and posture. By the end of the workshop, students will be able to recognize the physical signs of stress and have some tools to decrease stress and get their swag back.

*Dates offered:* 2/18, 3/31

**Perfectionism**
This workshop will look at common perfectionist traits, and will offer some helpful approaches to managing perfectionism when it is unproductive, distressing or even destructive.

*Dates offered:* 2/25, 4/7

**Stress and Appetite: Is there a real connection?**
Stress and appetite have an unusual connection. Each person responds to anxiety differently, but many people find that their anxieties cause them to develop appetite problems that affect not only the way they eat, but also the way they enjoy food. Appetite problems from anxiety may not seem like a serious symptom, but often the way people change their diets as a response to anxiety ends up having a significantly negative effect on their long term anxiety outlook. This workshop will help you to identify if you are a stress “eater” or stress “non-eater,” provide you with alternative coping mechanisms for handling stress, and define guidelines for a healthy diet throughout the college experience.

*Dates offered:* 3/3, 4/14

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**Bucknell University**
COUNSELING & STUDENT DEVELOPMENT CENTER
The Division of Student Affairs
DROP IN WORKSHOPS

A College Student’s Guide to NOT Freaking Out: Interpersonal Effectiveness
This workshop will help students to learn how to navigate different types of relationships. Students will have an opportunity to think critically about the relationships in their lives and consider new ways to improve the quality of these relationships.

Dates offered: 2/2, 3/22

A College Student’s Guide to NOT Freaking Out: Emotional Regulation
This workshop will help students learn how to effectively manage their emotions in the midst of stressful life situations. The function of emotions in our lives will be discussed and strategies for responding to problems will be reviewed.

Dates offered: 2/9, 3/29

A College Student’s Guide to NOT Freaking Out: Distress Tolerance 1 & 2
This workshop will help students to identify a crisis situation and understand how to react in adaptive ways. Students will discuss how they can learn to accept things that they cannot change and will leave with crisis survival strategies.

Dates offered: 2/16, 2/23, 4/5, 4/12

Tuesdays 12-1 pm
February 2 – April 26, 2016
Taylor Hall, Room 113

A College Student’s Guide to NOT Freaking Out: Mindfulness 1 & 2
This workshop will help students to learn about mindfulness and its health/psychological benefits. There will be a strong experiential component to this workshop. Come prepared to relax!

Dates offered: 3/1, 3/8, 4/19, 4/26

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