The Paradox of 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: 9/3, 10/8, 11/12

Stress Management Techniques
This workshop is adapted from Margaret Wehrenger'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: 9/10, 10/15, 11/19

Thinking Gone Wrong
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: 9/17, 10/22, 12/3

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: 9/24, 10/29

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, sexual arousal. They can even change simple bodily functions like peeing and pooping. All these changes then are seen in our bodies, from skin, hair, eyes, body habitus 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: 10/1, 11/5

STRESS MANAGEMENT WORKSHOP SERIES
When: Thursdays, 12-1 p.m. from September 3 – December 3, 2015
Where: Taylor Hall, Rm 113

SPACE IS LIMITED
PLEASE CALL THE COUNSELING & STUDENT DEVELOPMENT CENTER AT 570-577-1604 TO SIGN UP!