Mental Health Edition

Life Hacks is a workshop mini-series focused on helping students build/gain tools that enhance their well-being, build stress management and coping skills, and experience more fulfilling relationships.

Select Mondays from 5-6pm @ the Consultation Room in Tranquada Student Services Center
(2nd floor next to Chicano Latino Student Affairs)
No sign-up or reservation is needed!
All students are welcome!

2/13/17- Love Languages with Dr. Anneka Busse:
Based on the book “5 Love Languages” by Gary Chapman, this workshop will teach you how you share your love. Know how you express love and caring to others so you can have closer relationships, not only romantically, but with friends and other loved ones.

2/20/17- Living Mindfully with Dr. Amber Blews:
Learn about the benefits of mindfulness. Participate in mindfulness exercises!

3/6/17- Procrastinators Anonymous with Dr. Brittany Beasley:
Do you avoid doing tasks until the last minute? Come learn tools on how to stop procrastinating.

3/20/17- Overcoming Perfectionism with Dr. Sean Cheng:
Are you a perfectionist? Learn how to overcome perfectionism and learn new ways to achieve your goals.

4/3/17- The Happiness Trap with Dr. Grant Goodman
Have you ever said to yourself that you just wish you were happy? This workshop will teach you positive psychology skills to increase your happiness.

4/17/17- Counting Sheep to Getting Sleep with Dr. Irene Kao:
Is sleep a struggle? Are you tired a lot of the time? Come learn about how to get a good night’s sleep.

Questions and Information
Dr. Anneka Busse at (909) 621-8202 or Anneka_busse@cuc.claremont.edu