



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 have more fulfilling relationships.

Fridays from 12–1 p.m. @ the Consultation Room in Tranquada Student Services Center (Room 2008)

No sign-up or reservation is needed. All students are welcome! You are welcome to bring your lunch.

9/15/17- Self Care 101 with Dr. Kelly Gonderman:

Do you want to live a more healthy life? Come learn how to engage in better self-care!

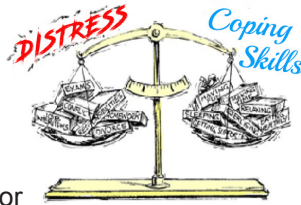


9/22/17- The Happiness Trap with Dr. Grant Goodman

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.

9/29/17- Coping with Distress with Dr. Dana Reyes:

Learn how to identify when you or others are in distress and how to cope with distress. Participants will learn specific coping techniques to relieve distress.

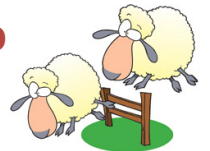


10/6/17- Stress Management with Dr. Hilary Son:

Everyone gets stressed sometimes. Learn how manage your stress and perhaps use the stress in a positive way!

10/20/17- Counting Sheep to Getting Sleep with Dr. Elizabeth Poloskov

Is sleep a struggle? Are you tired a lot of the time? Come learn about how to get a good night's sleep.



10/27/17- Living Mindfully with Dr. Carrie Park:

Learn about the benefits of mindfulness and how to integrate it in your life.

11/3/17- Overcoming Perfectionism with Dr. Sean Cheng:

Are you a perfectionist? Learn how to overcome perfectionism and learn new ways to achieve your goals.



11/10/17- Overcoming Test Anxiety with Dr. Anneka Busse:

Do you feel anxious before a test or while taking a test? Come learn some tools on how to address test anxiety!

11/17/17- Procrastinators Anonymous with Dr. Brittany Beasley:

Do you avoid doing tasks until the last minute? Come learn tools on how to stop procrastinating.

Questions and Information

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

Life Hacks are only for current students of The Claremont Colleges