

# WELLNESS WORKSHOPS

These workshops are designed to guide you in self-reflecting on strengths, weaknesses and barriers, then we'll discuss skills that you can apply based on insight you have developed. What works for one person doesn't work for everyone, these workshops will lead you in deciding what works best for you. These workshops are available to all business major students.

**When:** 3:00-3:30 pm-dates below based on topic

**Where:** The first 4 will be held via zoom and location TBD for last 4

<https://uiowa.zoom.us/j/95618864809?pwd=NGtWSWJMRndsSXBUbollYOhvU1Z4dz09>

Meeting ID: 956 1886 4809

\*\*\*\*Workshops are free and are not sequential (the 2nd date is a repeat). No registration is needed and can attend all, 1 or 2, whatever works for your needs and schedule.\*\*\*\*

## Workshop Topics: (spring 2022)

**Self-Care** (January 27th or March 21st)-self-care is more than bubble baths and relaxing music; explore areas of your life that needs more attending to & set goals to improving these areas in a manageable way that doesn't overwhelm you. Self-care can have a direct impact on your ability to focus, your mood, energy level, and reduce stress.

**Motivation & Time Management** (February 7th or April 4th)-assess where your time is spent and decide where you can make adjustments. Explore the impact thoughts can have on your motivation level and work to reframe and challenge thoughts that do not serve you well.

**Sleep Hygiene** (February 21st or April 18th)-when busy schedules dominate, sleep can be the first area to be cut short. Sleep has many benefits to physical and mental health. Once bad habits are formed it can be hard to break them. In this workshop you'll gain strategies to improve your sleep to benefit other areas.

**Stress Management** (March 7th or May 2nd)-stress is everywhere, low to moderate levels of stress can be helpful and motivating. When stress becomes persistent and long term chronic symptoms can begin. While stress can be helpful, having skills to manage is important.

**IOWA**

University Counseling Service

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