



# Personal Wellness Services

## Stress Busters

### Virtual Workshop Schedule

WORKSHOP	DATE	TIME	TOPIC/PRESENTOR
<p><b>Spring 2021</b></p> <p>These <b>FREE</b> Workshops are offered to Students on a regular basis as an open group to learn:</p> <ul style="list-style-type: none"> <li>• Stress Physiology</li> <li>• Emotional Regulation</li> <li>• Mindfulness</li> <li>• Stress Reduction Techniques</li> <li>• Self Soothing Techniques</li> <li>• Relaxation Techniques</li> <li>• Cognitive Restructuring</li> <li>• Nurturing Positive Values, Healthy Emotions &amp; Self Care</li> </ul> <p><b>Zoom Meeting ID:</b> 91747613639</p> <p><b>PERSONAL WELLNESS SERVICES</b> <a href="mailto:swcpersonalwellness@swccd.edu">swcpersonalwellness@swccd.edu</a> 619-421-6700 x5279</p>	March 4	12 – 1PM	<p><b>Stress Physiology &amp; Self Regulation</b> C. Amaral, Licensed Psychologist</p>
	March 18	12 – 1PM	<p><b>Mindfulness Based Stress Reduction</b> A. Aiello, LMFT</p>
	April 6	12 – 1PM	<p><b>Cognitive Restructuring</b> J. Davis, Psychology Post Doc</p>
	April 22	12 – 1PM	<p><b>Relaxation Skills Training</b> C. Amaral, Licensed Psychologist</p>
	May 6	12 – 1PM	<p><b>Self Care Stress Kit</b> M. Daynes, LMFT</p>
	May 12	12 – 1PM	<p><b>Even Superheroes Need Self Care</b> C. Cuevas, Licensed Clinical Social Worker</p>
	May 20	12 – 1PM	<p><b>Grounding Through Values</b> J. Jimenez, Licensed Psychologist</p>

