

# Personal Wellness Services

## Stress Busters

### Virtual Workshop Schedule

WORKSHOP	DATE	TIME	TOPIC/PRESENTOR
<p><b>Fall 2020</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>Zoom Meeting ID: 96777318183</p>	October 1	12 – 1PM	<p><b>Stress Physiology &amp; Self Regulation</b> C. Amaral, Licensed Psychologist</p>
	October 15	12 – 1PM	<p><b>Self Care Stress Kit</b> M. Daynes, LMFT</p>
	October 29	12 – 1PM	<p><b>Mindfulness Based Stress Reduction</b> A. Aiello, LMFT</p>
	November 5	12 – 1PM	<p><b>Relaxation Skills Training</b> C. Amaral, Licensed Psychologist</p>
	November 19	12 – 1PM	<p><b>Cognitive Restructuring</b> J. Jimenez, Licensed Psychologist</p>
	December 3	12 – 1PM	<p><b>Self Care: Nurturing Values &amp; Healthy Emotions</b> C. Amaral Licensed Psychologist</p>

