Stress Relief Clinic presents...

Spring 2016

Stress Fitness Workshops

All workshops: Thursdays 12pm @ Student Counseling Services (ESHC 304)

Visit usc.edu/counseling or call (213) 740-7711 for more information.

Jan
14th. Putting Off Procrastination
21st. Stress Management: Getting Off on the Right Foot
25th. Sleep Well: Harness your Sleep for Improved Performance
28th. Making Balanced Choices: Substances and You

Feb
3rd. Finding Focus: Stretching your Attention Span
11th. Mindfulness for Daily Living
14th. Mindfulness Meditation & Self-Kindness
18th. Healthy Mind and Body
21st. Stress Management: Getting Off on the Right Foot
25th. Sleep Well: Harness your Sleep for Improved Performance

Mar
10th. To Flop or Flourish during Midterms
31st. Mindfulness Meditation & Self-Kindness
24th. Managing your Mood

Apr
7th. Managing Anxiety and Panic Attacks
14th. Sleep Well: All-Nighters & Espresso?
21st. Stress Management: Just Breathe
28th. Positive Thinking, Positive Action

May
5th. How to Tackle Test Anxiety
Final Stretch Workshop Series TBA

USC Student Affairs
Engemann Student Health Center
January 14th • Putting Off Procrastination (Elizabeth Reyes)
Strategies and tools to start the process of understanding the frustrating habit of procrastination.

January 21st • Stress Management: Getting Off on Right Foot (Joshua Ziesel)
If last semester was too stressful for you, come learn how to get this semester off to a good start and keep the stress under control!

January 28th • Making Balanced Choices: Substances and You (Alise Cogger & Dylan Firsick)
This workshop will identify things to consider related to drinking, other drug use, and stress. Learn strategies for achieving balance between social, academic and other areas of life.

February 4th • Healthy Body Image and Mindful Eating (Traci Bank)
Covers basics of what “body image” really means, and the importance of maintaining a healthy body image. We also discuss the benefits of mindful eating, identify physical versus emotional hunger, and learn to start eating more intuitively.

February 11th • Mindfulness for Daily Living (Mark Miller)
This workshop teaches you how to practice mindfulness meditation as well as integrating mindfulness into your everyday life.

February 18th • Healthy Mind and Body (Bruce Wallace)
Creating the optimal physical eco-system for peak performance.

February 25th • Sleep Well: Harness Sleep for Improved Performance (Carolyn Heitzmann)
Students learn basics in sleep science and the impact of sleep on functioning. Going beyond sleep hygiene, students learn steps to track patterns in their sleep and make improvements.

March 3rd • Finding Focus: Stretching your Attention Span (Susan Ramirez)
This workshop offers tips on gaining and maintaining focus and concentration, and provides education on ways to assess and monitor habits that may interfere with your ability to remember and complete tasks.

March 10th • To Flop or Flourish during Midterms? (Michele Morgan)
Discover, nurture and embrace your natural resilience, skills and strengths during a stressful time so that you empower yourself to achieve success in a way that is not only surviving, but about thriving.

March 24th • Managing your Mood (Michelle Dexter)
Identify and effectively experience emotions so that you may thoughtfully respond to emotions. Ways to reduce negative emotions, increase positive emotions, and ways to change how one responds to emotions will be reviewed.

March 31st • Mindfulness Meditation and Self-Kindness (Robin Ward)
This workshop teaches you how to practice mindfulness meditation with a focus on extending kindness and compassion to yourself.

April 7th • Managing Anxiety and Panic Attacks (Broderick Leaks)
Students learn coping skills to address their anxious symptoms. In addition, those who struggle with panic attacks are introduced to treatment interventions that can help decrease the frequency and severity of panic symptoms.

April 14th • Sleep Well: All-nighters & Espresso? (Carolyn Heitzmann)
Sleep tips to enhance your quality of life (and help you make the grade!)

April 21st • Stress Management: Just Breathe (Javanne Golob)
This workshop provides strategies to help you manage stress more effectively.

April 28th • Positive Thinking, Positive Action (Dylan Firsick)
Students learn how to identify, challenge, and change negative thought patterns. By reframing your thoughts with a more positive, realistic outlook, you can shift the way you see the world and engage in your life.

May 5th • How to Tackle Test Anxiety (Yong Park)
Struggling with test anxiety? Attend this workshop to learn strategies in overcoming test anxiety to improve concentration and performance.