Managing Difficult Emotions

College presents many challenges that can be tough to manage. This Wellness PowerHour provides a skillset that can help you take care of yourself during the ups and downs of college!

Two opportunities to attend on Foggy Bottom (Gelman, Rm 219):
Wednesday, February 17th & April 20th, 6:00-7:00PM

One opportunity to attend on MVC (Eckles, Conference Rm):
Time: February 29th, 6:00-7:00 PM

Stress Management

A little bit of stress is a good thing, but occasionally it can be too much! Don’t let stress get you down. This Wellness PowerHour gives your tips and tricks to help you manage your stress levels

One opportunity to attend on Foggy Bottom (Gelman, Rm 219):
Wednesday, March 23, 6:00-7:00PM

One opportunity to attend on MVC (Eckles, Conference Rm):
Time: Monday, March 28, 6:00-7:00 PM