

What the (Mental) Health

This workshop reviews psychological frameworks (DBT, CBT, grief and loss) related to managing stress and regulating thoughts and emotions with skills. You can learn about:

- Optimal stress
 - Mindfulness & Acceptance
 - Effective coping behaviors
 - Assertive communication
- Assessing mental health needs

Monday, Oct. 16th, 3-4:30pm

Open to all UW students

UW Counseling Center, 401 Schmitz Hall

Facilitated by Caitlin Stanaway, PsyD

To sign up or get more information, call 206-543-1240 or email stanac@uw.edu