

Health & Wellness Workshop
Sponsored by Counseling & Psychological Services

STRESS MANAGEMENT

TUES, JAN 28TH

12 - 1 PM

SMSU 215/216

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Senior Health Educator, SHC

LEARN HOW PERCEPTIONS,
EXPECTATIONS, POOR
BOUNDARIES, AND EMOTIONAL
TRIGGERS HEIGHTEN STRESS.

DEVELOP SKILLS TO COMBAT
PROCRASTINATION, FEAR, AND
WORRY AND LEARN WAYS TO
CREATE AND MAINTAIN BETTER
BOUNDARIES.

FREE HEALTHY SNACKS!

STRESS

PANIC

WORRY

ANXIETY

*For disability-related accommodations, please
contact Counseling and Psychological Services
three working days in advance at
(909) 537-5040 or psychcounseling@csusb.edu*