

Mind Your Mind Workshops

Every Thursday at 3:30pm in Dyson 1016

Learn skills to improve and check in with your own mental health!

10/9- Sleep & Substances

Come to understand about how sleep and substance use impact our mental health & skills to make these habits healthier.

10/16- Self Care Space

Need a break from midterm studying? Not leaving for Fall break? Come hang out in a safe space with fun self-care activities.

10/23- Healthy Relationships with Ourselves

The most important relationship we will ever have is with our self. Learn how to strengthen this and how it impacts our relationships with others.

10/30- Red Flags, Green Flags, Ghosts?

Relationships are complicated, and vulnerability can sometimes be scary! What's healthy and what's not? How do we safely communicate while also avoiding ghosting others?

11/6- Back to Balance

Life is filled with opposites that take up space in our lives, like being a productive student and having a social life. Come learn some skills to help balance out these needs.

11/13- Change the Brain

A workshop to help retrain our brain from the negative self talk or unhelpful thinking patterns we find ourselves in.

11/20- How to Set Boundaries

Are you involved in every club you can be? Do you struggle to say no to others? Come learn how to set boundaries to help.

12/4- How to Use Our Common 5 Senses

Come learn how our sight, touch, smell, taste, and listening skills can improve our mood and ground us.

Any questions email Counseling Services at counseling.services@marist.edu