Anxiety Management through Wisdom and Compassion

For students who would like to:
- identify maladaptive thinking patterns
- appraise automatic thoughts
- cope with anxiety through mindfulness
- learn to use self-compassion to counter self-criticism
- utilize self-care that is congruent with one’s values

Monday
10:30 am – noon

Facilitated by Mike Unger, Psy.D. and Kelly Nelson, M.A.