## Life Hacks with CAPS

Life Hacks are free drop-in workshops for all enrolled Penn State students. No registration required, just stop by:

**Student Health Center room 540**
**4:00-5:00pm**

To learn more about our Life Hacks program call (814) 863-0395 or contact Stephanie Stama, Psy.D. (Group Coordinator) at slf245@psu.edu

<table>
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<tr>
<th>Date</th>
<th>Topic</th>
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| Monday 1/29 | Managing Expectations  
Finding Peace from Perfectionism  |
| Tuesday 1/30 | Sound Sleep StrategiesZzzz...  |
| Tuesday 2/6 | Building Resiliency for Peak Performance  |
| Monday 2/12 | Mindfulness  
A Mental Break  |
| Tuesday 2/13 | Cultivating Self-Compassion  
Becoming Your Own Best Friend  |
| Tuesday 2/20 | Worrying Well  
Mindfulness for Mood Management  |
| Monday 2/26 | Your Personal Blueprint  
Building Body Positivity & Self-Worth  |
| Tuesday 2/27 | Building Resiliency for Peak Performance  |
| Monday 3/12 | Presence  
Mindful Management of Panic & Anxiety  |
| Tuesday 3/13 | Mid-Semester Motivation  
Gain It and Retain It  |
| Tuesday 3/20 | Sound Sleep StrategiesZzzz...  |
| Monday 3/26 | Managing Expectations  
Finding Peace from Perfections  |
| Tuesday 3/27 | Building Resiliency for Peak Performance  |
| Tuesday 4/3 | Enhancing Your Happiness  |
| Monday 4/9 | Your Personal Blueprint  
Building Body Positivity & Self-Worth  |
| Tuesday 4/10 | Cultivating Self-Compassion  
Becoming Your Own Best Friend  |
| Tuesday 4/17 | Worrying Well  
Mindfulness for Mood Management  |
| Monday 4/23 | Mindfulness  
A Mental Break  |
| Tuesday 4/24 | The Next Step  
Managing the Stress of Change  |