

LIFE HACKS

WITH CAPS

Free, drop-in gatherings focused on improving quality of life.
Open to all students.

SPRING 2020

Mondays & Tuesdays | 4:00 – 5:00 p.m. | 540 Student Health Center

BALANCE February 4, March 2, April 21
Coping with Anxiety and Difficult Emotions

WE NEED TO TALK February 11
Communication in Relationships

PEOPLE PLEASING February 17, March 31
Your Happiness Matters Too

THIS MOMENT February 18, April 7
Mindfulness for Modern Life

BURNT OUT February 25
Managing Ambivalence About Reducing Substance Use

EMBRACING IMPERFECTION March 3, April 28
Practicing Self-Compassion

SHRINK RAP March 17
Meds 101 for Anxiety and Depression

TUNING IN March 23, April 20
Mindful Self-Care

EASY DOES IT March 24, April 6
Wisdom for Managing Stress

SWEET DREAMS April 14
Strategies for Sound Sleep