SPRING 2019

LIFE HACKS WITH CAPS

Free, drop-in sessions for all Penn State students. Stop on by!

MONDAYS & TUESDAYS
4:00-5:00 p.m.
540 Student Health Center

T 1/22   TRANSFORMATION TUESDAY: Adapting to Change and Life Stressors
M 1/28   NEW IN TOWN: Transfer Student Support and Resources
T 1/29   LENGTHENING THE FUSE: Managing Anger and Irritability
T 2/5    TRANSFORMATION TUESDAY: Adapting to Change and Life Stressors
M 2/11   EMBRACE YOURSELF: Improving Your Relationship With Yourself
T 2/12   SWEET DREAMS: Strategies to Improve Sleep
T 2/19   TELL YOUR STORY: Learning the Art of Using Your Own Unique Voice
M 2/25   THIS MOMENT: Mindfulness for Modern Life
T 2/26   THIS MOMENT: Mindfulness for Modern Life
T 3/12   TRANSFORMATION TUESDAY: Adapting to Change and Life Stressors
M 3/18   BEHIND THE SELFIE: Self-Care and Kindness
T 3/19   LENGTHENING THE FUSE: Managing Anger and Irritability
T 3/26   TRANSFORMATION TUESDAY: Adapting to Change and Life Stressors
M 4/1    THIS MOMENT: Mindfulness for Modern Life
T 4/2    EMBRACING IMPERFECTION: Practicing Self-Compassion
T 4/9    TRANSFORMATION TUESDAY: Adapting to Change and Life Stressors
M 4/15   BEHIND THE SELFIE: Self-Care and Kindness
T 4/16   ENDINGS, THE UNKNOWN, AND NEW BEGINNINGS: Managing the Stress of Transitions
T 4/23   SUCCESS UNDER STRESS: Wisdom for Managing the Pressure

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