**Stress.** *Identify how stress impacts you and increase skills/tools to decrease stress.*

Monday, 09/23 @ 1:00 - 2:30 P.M. in GH 148AB, Dr. David Mitchell and Jacquelyn Gerali, M.S.
Wednesday, 9/25 @ 10:30 - 11:30 A.M., Dr. Ladan Maleki
Wednesday, 10/09 @ 2:30 – 4:00 P.M. in GH 148A, Dr. David Mitchell and Jacquelyn Gerali, M.S.

**Mood.** *Learn how to understand and accept your emotions. Develop skills to increase positive emotional experiences.*

Wednesday, 09/25 @ 2:30 - 4PM in LH 210, Dr. David Mitchell and Jacquelyn Gerali, M.S.
Friday, 10/11 @ 1:30 - 3PM in GH 148AB, Dr. David Mitchell and Jacquelyn Gerali, M.S.
Thursday, 10/24 @ 2:00 – 3:00 P.M., Dr. Ladan Maleki

**Worry.** *Learn how your thoughts impact your mood and behavior. Gain skills to modify negative thoughts and beliefs.*

Monday, 09/30 @ 1:00 - 2:30 P.M. in GH 148AB, Dr. David Mitchell and Jacquelyn Gerali, M.S.
Wednesday, 10/16 @ 2:30 – 4:00 P.M. in LH 210, Dr. David Mitchell and Jacquelyn Gerali, M.S.
Thursday, 10/03 @ 2:00 – 3:00 P.M., Dr. Ladan Maleki

**Sleep.** *Learn common myths and patterns of sleep. Learn sleep hygiene skills to help improve your sleep.*

Wednesday, 10/02 @ 2:30 – 4:00 P.M. in LH 210, Dr. David Mitchell and Jacquelyn Gerali, M.S.
Friday, 10/25 @ 1:30 - 3PM in GH 148AB, Dr. David Mitchell and Jacquelyn Gerali, M.S.

Location: SHCC-East, Main Conference Rm. (unless otherwise indicated)

All workshops are Drop-in; no sign-up necessary.
Students needing verification of attendance must arrive within 10 minutes of start time.

https://www.fullerton.edu/caps/ 657-278-3040

Original series designed by Dr. Jill Kapil