

Counseling & Psychological Services (CAPS)

WELLNESS WORKSHOPS SPRING 2022

Wellness is the act of pursuing activities, lifestyles, and choices that contribute to holistic health.
follow CAPS on Instagram @ CSUFCAPS & @ YOU.AT.FULLERTON

All groups are drop-in; no sign-up necessary.
Please use link to join - <https://bit.ly/3ljKhW9>

STRESS WELLNESS

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

Monday, 02/14/2022	3-4pm	Meghan Kussman & Marcus Reveles
Friday, 03/11/2022	1-2pm	Rachel Wu & Citlaly Corrales
Monday, 04/18/2022	1-2pm	Rachel Wu & Marcus Reveles
Monday, 05/09/2022	1-2pm	Meghan Kussman & Annie Hoang

THOUGHT WELLNESS

Identify how your thoughts impact your mood and behavior.
Gain skills to modify unpleasant thoughts and beliefs.

Monday, 02/28/2022	3-4pm	Meghan Kussman & Marcus Reveles
Friday, 03/18/2022	1-2pm	Rachel Wu & Marcus Reveles
Monday, 04/11/2022	1-2pm	Meghan Kussman & Marcus Reveles
Monday, 05/02/2022	3-4pm	Rachel Wu & Marcus Reveles

MOOD WELLNESS

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

Friday, 02/18/2022	2-3pm	Rachel Wu & Annie Hoang
Monday, 03/14/2022	1-2pm	Meghan Kussman & Annie Hoang
Monday, 04/25/2022	1-2pm	Rachel Wu & Annie Hoang
Monday, 05/02/2022	1-2pm	Meghan Kussman & Annie Hoang

SLEEP WELLNESS

Learn how sleep impacts your body and the benefits of a good night's sleep.
Improve daily strategies to improve sleep.

Friday, 02/25/2022	1-2pm	Rachel Wu & Citlaly Corrales
Monday, 03/21/2022	3-4pm	Meghan Kussman & Citlaly Corrales
Monday, 04/18/2022	3-4pm	Meghan Kussman & Citlaly Corrales
Monday, 05/09/2022	3-4pm	Rachel Wu & Citlaly Corrales

