

Taming Your Anxious Mind Workshops

For Students



Learn practical tips for stress reduction!

Procrastination
5/13 3:30-4:30pm

Prioritizing
5/20 3:30-4:30pm

Sleep & Self-Care
5/27 3:30-4:30pm

All workshops located in 224 Baker
Snacks provided!

For more information please contact Hilary.Lynch@Dartmouth.edu

Co-sponsored by Counseling and Human Development and the Academic Skills Center

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