

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