LIFE HACKS WITH CAPS
Free, drop-in workshops for all Penn State Students.

Mondays
4:00-5:00 p.m.
402 Student Health Center

Tuesdays
4:00-5:00 p.m.
204/205 Student Health Center

M 9/10  THIS MOMENT: Mindfulness for Modern Life
T 9/11  THIS MOMENT: Mindfulness for Modern Life
T 9/18  EASY DOES IT: Wisdom for Managing Stress
M 9/24  ADULTING 101
T 9/25  NEW IN TOWN: Transfer Student Support and Resources
T 10/2  BALANCE: Coping with Anxiety and Difficult Emotions
M 10/8  PASSION PLANNING: Using Time to Fuel Your Passion
T 10/9  THIS MOMENT: Mindfulness for Modern Life
T 10/16  LENGTHENING THE FUSE: Managing Anger and Irritability
M 10/22  THIS MOMENT: Mindfulness for Modern Life
T 10/23  SWEET DREAMS: Skills for Sound Sleep
T 10/30  EMBRACING IMPERFECTION: Practicing Self-Compassion
M 11/5  STANDING UP FOR YOURSELF: Setting Boundaries
T 11/6  BALANCE: Coping with Anxiety and Difficult Emotions
T 11/13  LENGTHENING THE FUSE: Managing Anger and Irritability
M 12/3  ENDINGS, THE UNKNOWN, AND NEW BEGINNINGS: Managing the Transitions
T 12/4  BEING YOUR BEST SELFIE: Self-Care and Kindness

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