

WELLBEING: SUPPORTING MENTAL HEALTH & WELLNESS AT UIC



LEARN NEW SKILLS TO ENHANCE WELLBEING:

BALANCE

EFFECTIVE ACTION PLANNING

MINDFULNESS

PRIORITIZING MENTAL HEALTH

SELF-CARE

SOCIAL SUPPORT BUILDING

ACTIVITY SELF-ANALYSIS

EMOTIONAL REGULATION

PREVENTING BURNOUT

EFFECTIVE COMMUNICATION

YOGA & MORE!

PARTICIPATE IN A NEW **PILOT COURSE & STUDY** THIS FALL!

Fall 2017
2 credits

WHO WE'RE FOR:

Students who want to enhance their wellbeing and those experiencing barriers to academic success due to lifestyle factors such as:
excess stress, lack of self-care, social anxiety, difficulty setting and following through with goals, disrupted life balance, etc.

FIND OUT MORE:

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