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:
LEAH GOODMAN, MA, OTR/L
OT & CLINICAL DOCTORAL STUDENT
UIC DEPARTMENT OF OCCUPATIONAL THERAPY

lgoodm2@uic.edu