

Daily Wellness Activities & Workshops Spring 2021

Week of	Monday	Tuesday	Wednesday	Thursday	Friday
	Motivation Monday 11:00am	Tranquility Tuesday 11:00am	Wellness Wednesday 11:00am	Let's Talk Thursday 3:00pm	Fun Friday's 1:00pm
	Topics:	Topics:	Topics:	Topics:	Topics:
22-Feb	How to Succeed in College	Progressive Muscle Relaxation	Mental Health & Academics	"The Living Room"	Operation Safehouse
1-Mar	Beating Procrastination	Counting Meditation	Toolkit for Managing Stress	"The Living Room"	Suicide Prevention Trivia
8-Mar	Studying Tips	Mindfulness Activity	Life Changing Mindfulness	"The Living Room" How to Set Goals & Stay Positive Workshop	Rape Crisis Center Self Defense
15-Mar	Time Management	Grounding	Eating on the Run	"The Living Room"	Operation Safehouse
22-Mar	The 5 Second Rule	Meditation- Guided Imagery Cloud Meditation	Financial Wellness	"The Living Room"	TAY CENTER
29-Mar	Growth Mindset vs. Fixed Mindset	Cues- Relaxation Meditation	Holiday/Day of Observance	"The Living Room"	Watch Party - Inside Out
5-Apr	Develop GRIT RARCC: Intimate Partner Violence Prevention Workshop	Meditation- Guided Imagery Beach Meditation	What is Trauma?	"The Living Room"	Active Minds " Activity"
12-Apr	SPRING BREAK				
19-Apr	Healthy Communication	Guided Meditation for Anger	QPR Suicide Prevention	"The Living Room" Nutrition for your Mental Health Workshop	RARCC: Women to Women Self - Defense Class
26-Apr	Healthy Boundaries	Guided Meditation for Fear	Toolkit for Healthy Relationships	"The Living Room"	Art with Impact: Black Mental Health Matters
3-May	Asking for Help RARCC: Understanding and Healing from Trauma Workshop	The Power of Deep Breathing	QPR Suicide Prevention	"The Living Room"	Active Minds "Activity"
10-May	Build your Confidence	Positive Affirmations to Manage Anxiety	Balancing Your Wellness	"The living Room" COVID 19 & Mental Health Workshop	TAY CENTER
17-May	How to Manage Test Anxiety	Self-Talk to Increase Gratefulness	What is Anxiety	"The Living Room" Mental Health vs. Mental Illness Workshop	Mental Health Bingo
24-May	Test Taking Skills	Meditation for Sleep	What is Depression	"The Living Room"	Art with Impact- Movies for May is Mental Health
31-May	Holiday/Day of Observance	Mindfulness Activity	Substance Abuse & Coping	"The Living Room"	Watch Party - Soul
7-Jun	Healthy Summer Tips	Meditation for Positive Thinking	Parenting Styles & Tips	"The Living Room"	Mental Health Pictionary

Clickable links