



# COUNSELING CENTER

Bowling Green State University

## BGSU Stress Clinic

The Counseling Center is proud to offer the Stress Clinic - an innovative program that blends counseling and education and was developed specifically for college students. The Stress Clinic aims to provide support and help you reduce stress, cope with negative events, develop more positive thoughts, and take better care of yourself physically, mentally, and emotionally.

### The Stress Clinic consists of 5 workshops:

**Free Your Mind** – When stress hits, our thoughts tend to fall into predictable, less-than-helpful patterns. Learn how to recognize and change self-defeating thought patterns in this session!

**Relax Your Body** – An anxious mind cannot exist in a relaxed body (Jacobson). Learn relaxation strategies that can help you ward off stress and maintain your productivity and positive outlook.

**Nurture Yourself** – In order to function well, it is essential to take good care of yourself. Learn about ways to nurture your body, mind and mood; and discuss strategies for overcoming obstacles to good self-care.

**Improve Your Relationships** – Close, healthy relationships can bring you support and enjoyment. Learn some skills for building, improving, and evaluating your relationships.

**Conquer Procrastination** – If you’re doing everything at the last minute, you’re not doing your best work. Learn about how “A” and “F” students manage their time, and build the knowledge and skills you need to conquer procrastination.

### Great! Where do I sign up?

- You may attend any combination of stress clinic sessions – one or two, the whole series, or even the same topic multiple times.
- You should be registered to attend. You can register at the front desk, with a counselor, or by calling us at 419-372-2081.

**For the Fall 2009 Stress Clinic schedule, see the back of this page.**

### BGSU Stress Clinic – Fall 2009 Schedule

Monday 5:00-6:00 Student Health Center	Thursday 4:00-5:00 422 Conklin Hall
September 14 Relax Your Body	September 17 Free Your Mind
September 21 Improve Your Relationships	September 24 Conquer Procrastination
September 28 Free Your Mind	October 1 Relax Your Body
October 5 Relax Your Body	October 8 Nurture Yourself
October 12 NONE; FALL BREAK	October 15 Free Your Mind
October 19 Conquer Procrastination	October 22 Relax Your Body
October 26 Free Your Mind	October 29 Improve Your Relationships
November 2 Relax Your Body	November 5 Free Your Mind
November 9 Nurture Yourself	November 12 Relax Your Body
November 16 Free Your Mind	November 19 Conquer Procrastination
November 23 Relax Your Body	November 25 NONE; THANKSGIVING
November 30 Improve Your Relationships	December 3 Free Your Mind
December 7 Nurture Yourself	December 10 Relax Your Body

*First-Year Success Series credit is available for all Stress Clinic sessions. Remember to register by calling 372-2081.*