

Previous Mental Health and Wellness Programming Topics and Events

- 5 Tips to Increase your Impact and Results on LinkedIn
- Building Resiliency: Emotional First-Aid
- Building Self-Care Practices
- Chair Massages
- Chronic Back Pain: Risks and Prevention
- Coffee Hours
- Comedy Night
- Coping Skills to Combat Stress
- Coping Skills and Social Support
- Cultivating an Attitude of Gratitude
- EAT 5 Workshops
- Emotional Intelligence
- Ergonomic Workstation Set Up
- Financial Planning
- Finding Empowerment through Ergonomics
- Flourishing During the Job Search
- How to be Awesome under Stress
- How to Eat Right When You Hardly Have Time to Eat at All
- Imposter Syndrome
- Introduction to Mindfulness
- “I’ve failed” and Other Thoughts to Tackle
- Microaggressions in Academia: Impacts and how to develop a culture of inclusivity
- Mindfulness for Better Work-Life Balance
- Mindfulness Meditation
- Mindful Walking Meditation
- Movement Breaks
- Organization: small spaces and how to live in one
- Overcoming Career Challenges: Humble PhD
- Relaxation Exercises
- Self-defense Class
- SMART Goals: How to Set Yourself Up for Success
- Social Connection and Support
- Stress Management strategies
- Stress Reduction
- Take a Break: Stretch and Reset
- Terrarium Building
- Tips for Better Sleep
- Walk to Wellness
- Wellness Expert Panel
- Yoga
- Zumba