

## **Previous Mental Health and Wellness Programming Topics**

- Stress Reduction
- Meditation
- Organization: small spaces and how to live in one
- Financial Literacy
- Imposter Syndrome
- Self-defense Class
- Mindfulness for Better Work-Life Balance
- How to Eat Right When You Hardly Have Time to Eat at All
- 5 Tips to Increase your Impact and Results on LinkedIn
- Building Resiliency: Emotional First-Aid
- Tips for Better Sleep
- SMART Goals: How to Set Yourself Up for Success
- Financial Planning
- Coping Skills and Social Support
- Ergonomic Workstation Set Up
- Mindful Walking Meditation
- Introduction to Mindfulness
- Chair Massages
- Comedy Night
- Time for Dinner: the EAT 5 Way
- Emotional Intelligence
- Terrarium Building
- Movement Breaks
- Chronic Back Pain: Risks and PRevention
- Yoga
- Relaxation Exercises
- Microaggressions in Academia: Impacts and how to develop a culture of inclusivity
- Coping Skills to Combat Stress
- Time for Lunch: the EAT 5 Way
- Coffee Hours
- Overcoming Career Challenges: Humble PhD