

## Spring 2019 Harrisburg campus Wellness Counseling Workshop Series

### Stress and Anxiety

Date: Every Monday beginning February 4<sup>th</sup>, 2019

Time: 1:00 – 2:00 pm

Location: Harrisburg Campus – Rose Lehrman Arts Building Room 103

Contract Name: Dr. Angela Campbell

Contact Phone: 717-780-2498

Contact Email: [amcampbe@hacc.edu](mailto:amcampbe@hacc.edu)

#### Details:

Our stress & anxiety management workshops are much more than tips and techniques for relieving stress. We provide necessary skills for identifying and managing the sources of stress, rather than simply treating the symptoms. The foundations for this stress management framework are in learning to take ownership for proactively managing every difficult situation you encounter at school and in your personal life.

- Feb. 4 Session I. What's Stressing you Out?
- Feb. 11 Session II. When Stress is more than you can Handle
- Feb. 18 Session III. Cognitive Behavioral Reframing your Thinking
- Feb. 25 Session IV. Fun Activities as we approach MIDTERMS
- March 11 Session V. Coping Skills to Deal with Stress
- March 18 Session VI. Activities to Relax
- March 25 Session VII. The Labyrinth (Walking involved) meet outside of Cooper 219
- April 1 Session VIII. Making Connections to Deal with Stress
- April 8 Session IX. Color and Sip Activity
- April 15 Session X. Fun Activities as we approach FINALS

RSVP preferred due to space limitation. Please include your name, HACCid and the workshop, date/time you plan to attend. Please use [this link](#). To sign up use your HACC Hawk email. If faculty are interested in bringing a class, please email or call 212422. Email – [amcampbe@hacc.edu](mailto:amcampbe@hacc.edu)