THESIS WRITER’S WORKSHOP: STRESS-MANAGEMENT TIPS
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Lauren Jensen, LCSW
Outreach Coordinator at the Counseling Center
Why Are We Here?

‣ Thesis + Writing + Everything Else in Your Life = Stress
Stress Management

- How do you deal with stress?
  - Partner up
  - Share new ideas

- What’s going to help you?
  - This semester, in this season...
Self-Care

What is it?

Self-Care Circle

Spirituality
Nutrition
Exercise
Stress Mastery
Life Purpose
Environment
Relationships
Finances
Health Care
Play
Work
So What, Now What?

- Supports on campus
- Your strengths
- One-minute mindfulness
- TAO
- Your takeaway
Contact Information

Counseling Center

- 2nd Floor of the Student Wellness Center
- 303–273–3377
- COUNSELING.MINES.EDU
- Wellness Workshops

THANK YOU!