

SELF-CARE

Meetings will be held on the following Tuesdays
March 15, 22, 29 and April 5 at 12:00pm

Self-care, why is it so important? Self-care encourages you to maintain a healthy relationship with yourself. Engaging in a self-care routine has been clinically proven to reduce anxiety, depression, and stress and can help to improve concentration and energy. Join this group to explore your self-care and start to put these techniques to use. Due to the group sessions building on one another, we ask for you to attend all group sessions.

This group will:

- Discuss wellness
- Explore control and how it relates to stress
- Assess your self-care needs
- Create and implement self-care plans/routines based on your needs

Sign up now to reserve your space at <https://ysu.edu/student-counseling-services>



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