

**WHAT'S ON
YOUR MIND?**



a **FREE** workshop **ON**

**STRATEGIES AND SKILLS
TO THRIVE AT UGA**

MONDAYS FROM 12:30-1:30PM

TATE 142

- 2.4** Understanding anxiety
- 2.11** Calming your body
- 2.18** Calming your mind
- 2.25** Creating a lifestyle
for managing stress

Hosted by CAPS

More info: www.uhs.uga.edu

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