



COLORADOSCHOOL OF **MINES**



THESIS WRITER'S WORKSHOP: STRESS-MANAGEMENT TIPS

OCTOBER 12, 2017

Lauren Jensen, LCSW

Outreach Coordinator at the Counseling Center



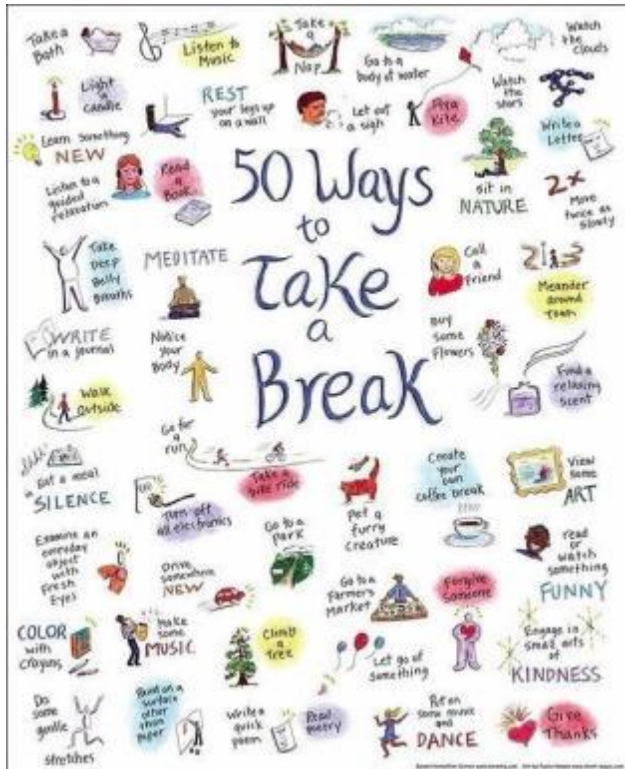
Stress Management

- ▶ 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?

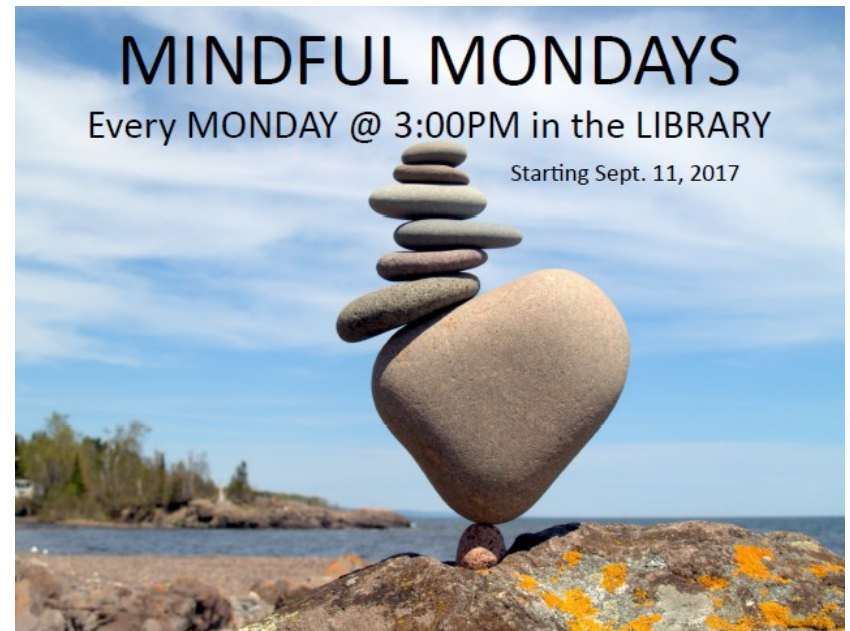


Self-Care Circle



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!