



**BALL STATE
UNIVERSITY**

Self-Care Challenge

The Counseling Center will continue to offer our 4-week Self-Care Challenge email program during the spring semester. The Self-Care challenge provides students with several different options for activities to complete in order to practice positive self-care, manage daily stressors, and build healthy coping skills. Each student will receive a PDF version of a resiliency skills training workbook that provides detailed information about each of the activity options for each week of the challenge. The challenge will last for 4 weeks; however, we hope that students will continue to utilize the workbook and activities even after the 4 weeks are over.

This program is open to **ALL** Ball State students. You can sign up using the following link: https://bsu.qualtrics.com/jfe/form/SV_bHrBV2BXwW7iFpz This link can also be found on the Counseling Center website on our Outreach page. Once a student signs up, the following week they will receive their workbook and the challenge will begin!

If you have questions about this program, please contact us at the Counseling Center at CounselCTR@bsu.edu .