Welcome back to campus!! Do you want to start the semester off right by learning some healthy new skills? Do you want to better manage your thoughts and feelings and be more resilient this semester? If so, please join us for our seminars at LUCINA HALL 320 MONDAY – FRIDAY AT 4PM for the first four weeks of the semester. Seminars are open to ANYONE on campus. You can come to one, or all, of the seminars we are offering and you don’t have to sign up. If you don’t want to come alone, bring a friend! We hope to see you soon!

**Mind Traps:**
In this seminar, you will learn skills to better manage your negative thoughts in a healthy and effective way.
Available at 4PM on: Monday 1/7, Thursday 1/10, Tuesday 1/15, Friday 1/18, Wednesday 1/24, Tuesday 1/29, and Friday 2/1

**Combatting Self-Criticism:**
In this seminar, you will learn skills to accept yourself and be less judgmental of your thoughts and less critical of yourselves.
Available at 4PM on: Tuesday 1/8, Friday 1/11, Wednesday 1/16, Monday 1/22, Friday 1/25, and Wednesday 1/30

**Building Positive Emotions:**
In this seminar, you will learn skills to bring more positivity into your daily life.
Available at 4PM on: Wednesday 1/9, Monday 1/14, Thursday 1/17, Tuesday 1/23, Monday 1/28, and Thursday 1/31

**If the seminars don’t fit into your schedule, don’t worry! Here are some other resources to consider:**

- **Resource & Relaxation Room:** This drop-in space is located in the Counseling Center (Room 310) and is open during business hours (M-F 8-5). It provides students with access to massage chairs, light therapy, self-help materials, and a free condom shop.

- **WellTrack:** A self-help app that can be accessed from your phone, tablet, or computer. It provides tools and tips to begin making positive life changes. You can access WellTrack from our website (https://www.bsu.edu/campuslife/counselingcenter).