

Mental Health Week Event Information

Poetry Challenge

Mental Health Week Poetry Challenge

Due Friday May 28th

Submit an original poem expressing mental health awareness. Individual colleges may award their students.

Submit here: <https://forms.office.com/r/Hf8hgyv5B3>

Meditation

Monday Morning Meditation

Monday May 24th 10:30 am

The Monday Morning Meditation is a weekly drop-in time for the campus community to gather for a brief guided relaxation exercise. Simple mindfulness practices have been shown to decrease stress, improve immune function, and enhance focus. Come start your week with a few minutes of grounding and learn some new coping strategies to help navigate these hectic times. Contact Shayna (scollins@clark.edu) with questions.

Register Here: <https://www.eventbrite.com/e/monday-morning-meditation-tickets-102729274024>

Stress Management Workshop

Stress Management: Intervening in a healthy reaction gone awry

Monday May 24th 2 pm – 3

Stress is an important part of our lives as humans; however, we have more chronic stressors than ever before in human history and our bodies, brains and relationships are paying the price. This workshop centers on understanding the human stress response, the impact of stress, and offers empirically driven techniques to effectively manage the impact of stress.

Register Here: https://us02web.zoom.us/meeting/register/tZEscOqrqDluEt01Dtc_vSyjowhbdNt44FfF

Self-Care workshop

Self-Care Lifehacks for Busy People

Tuesday May 25th at 11am – 12

Feeling stressed or unmotivated? No time for perfect self-care? Come learn some easy tips and tricks to quickly increase your energy, manage stress, beat procrastination, and improve your grades.

Join Zoom Meeting

<https://us02web.zoom.us/j/83229587686?pwd=SDhtckFkbjV3Y1NUYkhuVmJWc1cvUT09>

Meeting ID: 832 2958 7686

Passcode: care4you

Balance Workshop

Balancing School, Family and Work

Tuesday May 25th 1 pm – 2

Gain tips and tools to help you succeed in school while managing all of your other priorities.

Register here: <https://us02web.zoom.us/meeting/register/tZEudO6vpjlpHdYBQJi6D5RbG-1BRtqRYQEW>

Mindfulness for Career Clarity Workshop

Wednesday May 26th 4:30pm – 5:30

Imagine your ideal future, discover your possibilities, and get clear on what you want. During this interactive workshop you'll identify ways to use mindfulness as a strategy for career clarity. (MyPlan: this workshop is connected to the Career Planning element - Know Yourself).

Register here: <https://us02web.zoom.us/meeting/register/tZMlce-vpjijHNUAfdvo3Y6iWleU64U7g5DO>

Game night

Multi-college game night.

Thursday, May 27th at 6pm

This night, full of fun and new friends, will be held on Thursday, May 27th at 6 PM! We will be playing games on Zoom through backyard.co which has a variety of exciting games to enjoy and play.

Zoom Link: <https://lowercolumbia.zoom.us/j/83663893759>