Stress Fitness Workshops

Positive Thinking, Positive Action
Students learn how to identify, challenge, and change negative thought patterns. By reframing your thoughts with a more positive, realistic outlook, you can shift the way you see the world and engage in your life.

Speaker: Javanne Golob, MSW  Dates: Oct. 1 & Nov. 5

Finding Focus: Stretching your Attention Span
This workshop offers tips on gaining and maintaining focus and concentration, and provides education on ways to assess and monitor habits that may interfere with your ability to remember and complete tasks.

Speaker: Susan Ramirez, PhD  Dates: October 8

Taking the Wheel: Effective Emotion Regulation
This workshop helps you identify and effectively experience emotions so that you may thoughtfully respond, instead of instinctively react, to emotions. Ways to reduce vulnerability to negative emotions, increase positive emotions, and unique ways to change how one responds to emotions will be reviewed in this interactive workshop.

Speaker: Michelle Dexter, PhD  Dates: October 15

Mindfulness Meditation and Self-Kindness
Mindfulness is a practice of gently focusing one's attention and awareness on the present moment, with acceptance. Self-compassion allows us to treat ourselves with care and understanding rather than self-judgment. This workshop teaches you how to practice mindfulness meditation with a focus on extending to yourself kindness and compassion.

Speaker: Robin Ward, LCSW  Dates: October 22

Managing Anxiety and Panic Attacks
This workshop provides education about the psychological, physiological, and behavioral aspects of anxiety. Students learn coping skills to address their anxious symptoms. In addition, those who struggle with panic attacks are introduced to treatment interventions that can help decrease the frequency and severity of panic symptoms.

Speaker: Broderick Leaks, PhD  Dates: October 29

Sleep Well: Strategies to Improve Sleep
Students learn basics in sleep science and the impact of sleep on functioning, including its impact on mood, mental health, and well-being. Going beyond sleep hygiene, students learn steps to track patterns in their sleep, improvements, and identify sleep disorders that may require further evaluation.

Speaker: Carolyn Heitzmann, PhD  Dates: November 12

Stress Management and Relaxation
This workshop helps increase awareness on how stress impacts your life and provides strategies to help you manage stress more effectively. This workshop includes relaxation techniques to stay calm and centered in stressful situations.

Speaker: Yong Sue Park, PhD  Dates: November 19

All workshops Thursdays 12pm to 1pm at Student Counseling Services (ESHC #304) Just Drop In! No prior appointment required.

For more information, please contact Student Counseling Services (213) 740-7711 or visit our website engemannshc.usc.edu/counseling