



# SELF-HELP WORKSHOPS

THESE ONE-HOUR INTERACTIVE, EDUCATIONAL GROUP SESSIONS FOCUS ON LEARNING SKILLS TO MAINTAIN MENTAL AND PHYSICAL WELLNESS DURING THE PANDEMIC. STUDENTS CURRENTLY RESIDING WITHIN OR OUTSIDE OF THE STATE OF HAWAI'I ARE ELIGIBLE TO PARTICIPATE.



## MINDFUL WAY THROUGH A PANDEMIC

Have you noticed any changes in your thoughts and emotions during the pandemic? This workshop discusses the impact of the pandemic on peoples' mental and emotional health, and provides strategies for coping with uncomfortable thoughts and feelings in healthy ways using mindfulness.



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## SLEEPING YOUR WAY TO BETTER HEALTH

Many peoples' sleep patterns have been impacted by the pandemic. This workshop answers important questions about sleep, including why getting quality sleep is important, what factors affect sleep, tips for improving sleep, and more.



## STRESS AND YOU: HOW TO RECOGNIZE AND MANAGE STRESS

Everyone experiences stress as a normal response to challenging life experiences, with the pandemic adding an additional layer of stress to everyone's life. This workshop discusses the positive, negative, and potentially detrimental effects of stress, including the effects of chronic stress on your body, how to recognize your personal stress response, and strategies for decreasing stress.



FOR MORE INFORMATION,  
PLEASE CALL CSDC AT (808) 956-7927  
OR SCAN THE QR CODE TO REGISTER ONLINE