1-hour seminars to help you manage stress, feel balanced, and bounce back from disappointment

More details

› **Challenging Thinking** - Learn how to identify unhelpful thinking patterns; challenge and modify unhelpful thoughts; think in a more balanced way; and relax using mindfulness strategies.

› **Managing Emotions** - Learn how to identify emotional triggers; regulate emotions with self-soothing, coping thoughts, and grounding; increase enjoyable activities; and relax using guided imagery visualization.

› **Cultivating Resiliency** - Learn how to develop healthier self-care habits; shift unhelpful mindsets; motivate yourself after failure; and relax using breathing techniques.

› **Strengthening Motivation** - Learn how to solve problems more effectively; set achievable goals; overcome obstacles and increase chances for success; and relax using progressive muscle relaxation.

New for Fall 2018 - We’ve updated our Coping Skills seminars to include the latest research in each area!

**WHEN**
Many dates and times throughout the term or take them online.

**WHERE**
Health Services
2nd Floor, HS 2302

Register on LEADS and learn more at
[uwaterloo.ca/campus-wellness/events](http://uwaterloo.ca/campus-wellness/events)
# September

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Seminar</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, September 10, 2018</td>
<td>4:00 p.m. to 5:00 p.m.</td>
<td>Challenging Thinking</td>
</tr>
<tr>
<td>Wednesday, September 12, 2018</td>
<td>6:00 p.m. to 7:00 p.m.</td>
<td>Managing Emotions</td>
</tr>
<tr>
<td>Monday, September 17, 2018</td>
<td>4:00 p.m. to 5:00 p.m.</td>
<td>Strengthening Motivation</td>
</tr>
<tr>
<td>Wednesday, September 19, 2018</td>
<td>6:00 p.m. to 7:00 p.m.</td>
<td>Cultivating Resiliency</td>
</tr>
<tr>
<td>Monday, September 24, 2018</td>
<td>4:00 p.m. to 5:00 p.m.</td>
<td>Challenging Thinking</td>
</tr>
<tr>
<td>Wednesday, September 26</td>
<td>6:00 p.m. to 7:00 p.m.</td>
<td>Managing Emotions</td>
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# October

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Seminar</th>
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<tbody>
<tr>
<td>Monday, October 1, 2018</td>
<td>4:00 p.m. to 5:00 p.m.</td>
<td>Strengthening Motivation</td>
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<tr>
<td>Wednesday, October 3, 2018</td>
<td>6:00 p.m. to 7:00 p.m.</td>
<td>Cultivating Resiliency</td>
</tr>
<tr>
<td>Monday, October 15, 2018</td>
<td>4:00 p.m. to 5:00 p.m.</td>
<td>Challenging Thinking</td>
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<tr>
<td>Wednesday, October 17, 2018</td>
<td>6:00 p.m. to 7:00 p.m.</td>
<td>Managing Emotions</td>
</tr>
<tr>
<td>Monday, October 22, 2018</td>
<td>4:00 p.m. to 5:00 p.m.</td>
<td>Strengthening Motivation</td>
</tr>
<tr>
<td>Wednesday, October 24, 2018</td>
<td>6:00 p.m. to 7:00 p.m.</td>
<td>Cultivating Resiliency</td>
</tr>
<tr>
<td>Monday, October 29, 2018</td>
<td>4:00 p.m. to 5:00 p.m.</td>
<td>Challenging Thinking</td>
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<tr>
<td>Wednesday, October 31, 2018</td>
<td>6:00 p.m. to 7:00 p.m.</td>
<td>Managing Emotions</td>
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# November

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Seminar</th>
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<tbody>
<tr>
<td>Monday, November 5, 2018</td>
<td>4:00 p.m. to 5:00 p.m.</td>
<td>Strengthening Motivation</td>
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<tr>
<td>Wednesday, November 7, 2018</td>
<td>6:00 p.m. to 7:00 p.m.</td>
<td>Cultivating Resiliency</td>
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<tr>
<td>Monday, November 12, 2018</td>
<td>4:00 p.m. to 5:00 p.m.</td>
<td>Challenging Thinking</td>
</tr>
<tr>
<td>Wednesday, November 14</td>
<td>6:00 p.m. to 7:00 p.m.</td>
<td>Managing Emotions</td>
</tr>
<tr>
<td>Monday, November 19, 2018</td>
<td>4:00 p.m. to 5:00 p.m.</td>
<td>Strengthening Motivation</td>
</tr>
<tr>
<td>Wednesday, November 21, 2018</td>
<td>6:00 p.m. to 7:00 p.m.</td>
<td>Cultivating Resiliency</td>
</tr>
<tr>
<td>Monday, November 26, 2018</td>
<td>4:00 p.m. to 5:00 p.m.</td>
<td>Challenging Thinking</td>
</tr>
<tr>
<td>Wednesday, November 28, 2018</td>
<td>6:00 p.m. to 7:00 p.m.</td>
<td>Managing Emotions</td>
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# December

<table>
<thead>
<tr>
<th>Date</th>
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<th>Seminar</th>
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<tbody>
<tr>
<td>Monday, December 3, 2018</td>
<td>4:00 p.m. to 5:00 p.m.</td>
<td>Strengthening Motivation</td>
</tr>
<tr>
<td>Wednesday, December 5, 2018</td>
<td>6:00 p.m. to 7:00 p.m.</td>
<td>Cultivating Resiliency</td>
</tr>
<tr>
<td>Monday, December 10, 2018</td>
<td>4:00 p.m. to 5:00 p.m.</td>
<td>Challenging Thinking</td>
</tr>
<tr>
<td>Wednesday, December 17, 2018</td>
<td>6:00 p.m. to 7:00 p.m.</td>
<td>Managing Emotions</td>
</tr>
</tbody>
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