




## CENTER FOR STUDENT WELL-BEING

### Fall 2021 Webinars

#### BETTER YOU, HEALTHIER YOU, ABLE YOU

	The “Better You” workshop series is tailored to encourage students to become the best versions of themselves, providing strategies and hands-on activities to overcome issues such as depression and anxiety, as well as develop resilience and promote self-improvement.
	The “Healthier You” workshop series is tailored to encourage students to adopt healthier lifestyles, focusing on the areas of sleep, hygiene, exercise and nutrition. Students will learn the connection between their physical health and their overall well-being.
	The “Able You” workshop series is tailored to encourage students to understand the nature and different forms of disability. Students will also discuss inclusive environments, accessibility and positive interaction.

SEP 14



Adjusting to the Return to Campus: What to Expect

SEP 22



Priority Primers: Get Motivated

SEP 27



Disability Etiquette 101

SEP 29



Hatha Yoga

OCT 6



Better Nutrition: Better Health and a Happier You

OCT 13



Perfectionism – Blessing or Curse?

OCT 25



Barriers for Students with Hidden Disabilities

OCT 27



Sleeping Soundly

NOV 10



Staying Positive and Maintaining Well-Being

NOV 17



Mindfulness: The Here and Now Habit

NOV 22



Unpacking Disability Stereotypes and Microaggressions

NOV 24



Unhealthy Relationships

DEC 1



SASS: Student Attitudes Toward Success in Social Isolation

DEC 8



Express Yourself with Art

For details, please check AUC Connect.