



COUNSELING CENTER

Creating School/Life Balance

Caring for ourselves is an essential part of our well-being at Mines, along with having relationships with other people and being involved in our larger world. During this workshop you will join with other Mines students that are interested in learning about creating balance between school and personal life, how and when it can help us best, validate what we are already doing (you might be surprised!), and learn from others about techniques you hadn't considered. This workshop is for any level of Mines student, providing encouragement and connection around being a well-balanced human being!

Common concerns addressed in this workshop:

- Being overscheduled or thinking "I don't have time"
- Good at taking care of other people but neglecting or sacrificing your own needs
- Feeling "stuck in a rut" or burnt out
- Negative or defeating self-talk that gets in the way of your well-being
- Feeling shame or guilt about taking time to practice self-care
- Knowing you need to do more to take care of yourself but not sure how or what to do
- Experiencing physical symptoms or emotional ups and downs that are caused by too much stress

Quick coping tips/strategies discussed in the workshop:

- Make a plan tailored to YOUR needs
- Learn how to ask for help that is empowering for you and others
- Redefine what balance is, or isn't, for your best outcomes
- Learn how to practice self-care quickly and efficiently, only takes 5 minutes!
- Learn about 8 different dimensions of wellness
- Challenge your negative self-talk, such as turning an "always" or "never" into a "sometimes" or "once in a while"
- Find more time in your busy schedule to accomplish your goals
- Get validation and affirmation from those around you to support what you ARE doing

To learn more, attend the Creating School/Life Balance Wellness Workshop!