



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. Self-care does not need to be indulgent nor a rarity but instead something we can all incorporate in our day to day lives. This workshop is for any level of Mines student, providing encouragement and connection around being a well-balanced human being along with helpful tips that can help you find ways to make self-care fit in your schedule!

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 New Year, New Me a Guide to Self-Care at MINES Wellness Workshop!