

Join Us at the Mind Spa and Relax!


Spring 2018 Drop-In One Hour Info Sessions From 3pm-4pm Offered at Our Mind Spa:

- February 2nd:** Academic stress, time management, study skills
February 12th: Relationship Endings: It's Called a Broken Heart for a Reason
February 19th: The Root of Bullying
February 26th: Social Anxiety
- March 5th:** How to Deal with Conflict (roommates, friends, family)
March 19th: Burnout/Compassion Fatigue/Empathetic Distress
March 26th: Imposter Syndrome
- April 2nd:** Emotional Intelligence/Multiple Intelligences
April 9th: Advocacy/How to be an Advocate
April 23rd: Existential Philosophy & Psychology
April 30th: Nature & Mental Health

Ongoing Drop-In Activities Offered Weekly at Our Mind Spa:



Tunes on Tuesdays from 3pm-4pm
(Music Sharing, Instrumental Play & Jam Sessions)

Join us for  on **Thursdays** from 12pm-1pm where we will watch and talk about topics related to quality of life.
(Bring your lunch & connect with others)

End your week with our **Drop-In Guided Meditation** on **Fridays** from 3pm-4pm. 

Three Week 90 Minute Workshop Series 3pm-4:30pm Offered at The Mind Spa:

Cultivating Calm: 1/31, 2/7, 2/14

Positive Creativity (Poetry, Dreams & Art): 2/21, 2/28, 3/7

Mindfulness I: 3/21, 3/28, 4/4

Mindfulness II: 4/11, 4/18, 4/25

Sign up for any of our activities in the Mind Spa or Email us at:

amy.moran@maine.edu
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The **Mind Spa** is located at our Outreach Office at 120 Memorial Union, 1st floor by the ATM.

Hours: Monday-Friday 11am-4:30pm



The Mind Spa is a safe place on campus where you can just be you.

Recharge, find support, learn useful self-care skills, access resources and connect with others.

No commitment. No expectations. No judgement. No Pressure.

You don't need to carry the load alone.

Our workshops are open to all University students.

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