

HEALTHY MIND OUTREACH SERIES

WHEN

**Wednesdays
3 – 4:30 pm**

WHERE

**The Health and Learning
Center (HLC)**

Room 2407



A Psycho-Educational Series hosted by
Counseling Services **FREE** to all NAU students

No sign up necessary · Attend one or all days as needed ·
BYOJ (Bring Your Own Journal)

A FOUR-WEEK SERIES

FEBRUARY 19TH **LIFESTYLE**

Address ways to improve
sleep, nutrition, exercise,
and overall quality of life

FEBRUARY 26TH **DEPRESSION**

Learn about different
types of depression, ways
to overcome it, and the
importance of self-care

MARCH 4TH **ANXIETY**

Discover the physiology
of anxiety, its evolutionary
benefit, various coping
methods, and ways make
it work for you

MARCH 11TH **RELATIONSHIPS**

Explore your relationship
with self and others by
delving into identity, the
disservice of the ego and
the power of vulnerability