

HEALTHY MIND WEBINAR SERIES

WHEN

**Wednesdays
3:30-5pm**

WHERE

**Zoom Meeting ID
553-138-576**

<https://zoom.us/j/553138576>



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

No sign up necessary · Drop in as needed

A journal is recommended

A FOUR-WEEK SERIES

APRIL 1ST

LIFESTYLE

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

April 8th

ANXIETY

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

APRIL 15TH

DEPRESSION

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

APRIL 22ND

RELATIONSHIPS

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