The UC Center for Integrative Health & Wellness

skills for resiliency

in times of transition and change

Taking care of your mental wellness is not just a nice thing to do, it's an imperative ingredient in the recipe for success. This is true now more than ever during times of change, transition, and uncertainty.

These teacher-led sessions will guide you through evidence-based practices to calm down the stress response and increase your ability to focus during times of stress. When practiced consistently, these techniques can help you maintain focus, growth, motivation, and well-being in times of uncertainty, so that you can survive and --yes, thrive-- in this season of adversity.

Please join us weekly for 30-minute drop-in relaxation practices led by Meriden McGraw via Webex. No pre-registration required.

Tuesdays & Thursdays at 8:30 PM
Fridays at Noon
https://ucincinnati.webex.com/meet/blockssn

For More Information
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