MU Counseling Center’s
Finals Week
Survival Strategies
Anxiety Reduction Programming Series

Program Descriptions:
Friday, November 30: Stop the Stress Workshop

This workshop will introduce participants to helpful ways to manage stress at the end of the semester. Students will be introduced to several ways to keep anxiety at bay during the stress of finals. The program focus will include information on sleep, nutrition, study skills and breathing. Come see how taking an hour to learn these skills and strategies is a great use of your time. No registration required! Stop by AMU 313 from 1-2pm.

Monday, December 3: Biofeedback and Stress Management Material

Stop by our table at AMU 2nd floor lobby between 3-5pm and try our interactive Biofeedback program to help you relax. Lots of helpful handouts will also be available on sleeping, eating, nutrition, study skills, time management, and much more! Stop by and check it out.

Tuesday, December 4: Pet Therapy

THE DOGS ARE COMING! Stop by the entrance to the Raynor Library between 4-6pm to take a break from the books and clear your mind. Human/animal interactions have been shown to contribute to anxiety reduction, so we hope you stop by! Lots of helpful handouts will also be available on sleeping, eating, nutrition, study skills, time management, and much more!

Wednesday, December 5: Biofeedback and Stress Management Material

Stop by our table at McCormick Hall dining area between 5-7pm and try our interactive Biofeedback program to help you relax. Lots of helpful handouts will also be available on sleeping, eating, nutrition, study skills, time management, and much more! Stop by and check it out.

Thursday, December 6: Biofeedback and Stress Management Material

Stop by our table at Cobeen lobby between 5-7pm and try our interactive Biofeedback program to help you relax. Lots of helpful handouts will also be available on sleeping, eating, nutrition, study skills, time management, and much more! Stop by and check it out.

Friday, December 7: Pet Therapy

THE DOGS ARE COMING! Stop by the entrance to the AMU 1st floor lobby between noon-2pm to take a break from the books and clear your mind. Human/animal interactions have been shown to contribute to anxiety reduction, so we hope you stop by! Lots of helpful handouts will also be available on sleeping, eating, nutrition, study skills, time management, and much more!

Pet Therapy Event is sponsored in conjunction with MUSG.