## **Managing Stress & Anxiety**



## Two 2-day Sessions

## February 13th & 27th or April 9th & 23rd 3-4 p.m.

## @ Student Health Services

Join in this two-part workshop series for helping you better navigate symptoms of stress and anxiety.

You will learn tools for gently challenging and shifting anxious thoughts and bio-hacks for reducing stress and anxiety symptoms. Participation is strongly encouraged but personal disclosure is not required. For questions, contact Student Health Services at 562-860-2451, ext. 2321



If disability accommodations (e.g., communications access, alternate formats) are needed to participate fully in these events, please contact accommodationsrequest@cerritos.edu within seven school days in advance.