

General Health and Wellness



The following workshops deal with general health and wellness.

Cool Out: Stressed out? This workshop will address strategies for dealing with stress, including relaxation and breathing techniques. Hopefully, you'll leave feeling relaxed and refreshed.

I don't have time to go to this Workshop! We hear you! In our recent MUS Wellness survey, 70% of respondents said that "Lack of Time" was an obstacle to health goals. Well, it looks like we should focus on time-management strategies, and ways to include health into your already busy schedule. That's what this workshop is about. Trust us, you deserve it.

Photography 101: As long as you're getting out and exploring this great state of ours, you might as well have some amazing pictures to show for it. This workshop will teach basic photography concepts, and will demonstrate some of your camera's functions if you've never ventured past the "Auto" setting. Even if you take pictures primarily with a smartphone, we'll cover tips for that as well.

Tiny Steps, Big Changes: If you're stuck in a rut, participate in this workshop to discuss small healthy strategies that can add up to big changes. We'll discuss behavior, motivation, and "triggers" that can help you build healthy habits into your daily routine.

Zz Workshop. As in, ZZZZZZZzzzzzzz. Hopefully, you might sleep through this workshop, and it won't be due to boredom. We'll talk about healthy sleeping patterns and habits, strategies for better sleep, and hopefully get to practice a little.