

Date: December 8 (Fri.) 2017

Time: 15:00 - 17:00

Location: Kakuma no Sato House

Instructor: Tomoko Ogasawara

SGU Counselor, Health Service Center



Stress Management & Self Care



★ Mindfulness Exercises
& Activities!
★ Teas are offered at the end!

Do you know...

- ★ *How much stress you are under now?*
- ★ *There are good stress & bad stress?*
- ★ *If you change your views, you can make stress your "friend"?*

Class offered in English only.

After the program, you will : ★

- ★ **MANAGE** your daily stress better.
- ★ **PAY ATTENTION** to your mind-body integration.
- ★ **APPLY** these skills and techniques for anxiety-provoking situations.

[How to apply]

Please send email to :

sgp8739310@ml.kanazawa-u.ac.jp

Subject line:

Stress Management & Self Care

Email Includes: **Your Name, Your ID**

Contact information (phone no.)

