

HEALTHY MIND TOOLKIT: BOOSTING YOUR MENTAL HEALTH

Session 1

Date: 16th Nov 2023

Time: 10:30 AM EST (USA)

Duration: 60 Minutes

Session 2

Date: 16th Nov 2023

Time: 3:00 PM EST (USA)

Duration: 60 Minutes

Location Session 1 and
Session 2: Onsite
**Stockton University 101
Vera King Farris Drive**

Many people become more concerned about meeting other people's needs and expectations at the cost of neglecting their own. It is important to remember that you cannot pour from an empty cup and that taking care of yourself by managing your own health and energy is an essential part of living a happy life.

This empowering session will help you:

- Learn coping strategies for dealing with adversity in a constructive way and develop structured mechanisms for building better mental health.
- Learn how to optimize levels of mental health.
- Identify ways to manage adversity and change.
- Learn practical stress management strategies.
- Develop structured mechanisms for building better mental health.

