



Want to Better Manage Stress and Boost Resilience? Check out the Recognition, Insight, and Openness (RIO) Series!

The Counseling Center is offering a two-part series designed to help you:

- Manage stress, anxiety, and other emotions productively.
- Learn mindfulness skills that can have a positive impact in the classroom and in your relationships.
- Identify what's most important to you and prioritize accordingly.

This series is open to all Illinois students, but you must be able to attend both sessions in a series. The workshops will be held in **Turner Student Services Building Room 44** (610 E. John Street, Champaign). To register, please visit go.illinois.edu/RIO or sign-up with the registration desk at the Counseling Center.

Each series is limited to 20 participants, so be sure to sign up as soon as possible to get a spot at a time that works best for you.

Series Number	Spring 2018 Dates	Time
1	Tuesday, March 6 & 13	2-3 p.m.
2	Thursday, March 8 & 15	2-3 p.m.
3	Tuesday, March 27 & April 3	5-6 p.m.
4	Thursday, March 29 & April 5	2-3 p.m.
5	Tuesday, April 17 & April 24	2-3 p.m.
6	Friday, April 27 & May 4	1-2 p.m.

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 217-333-3704