

# Counseling and Psychological Services

## Mental Health Discussion Series



Fall 2018

We know GW students are busy. We also know that students can gain benefits from attending just a few short well-being workshops, so we created the Mental Health Discussion Series (MHDS). The MHDS is a weekly, hour-long discussion, designed for students to collectively meet with a counselor and discuss various topics.

Whether you struggle with your own well-being or are a concerned GW community member, you are welcome to drop into this **free** group discussion—no registration required! Attend one, some, or all of the sessions.

**i** For further information or questions, please contact us at [counsel@gwu.edu](mailto:counsel@gwu.edu).

**Every Wednesday | 4-5 pm | Colonial Health Center, Room G30**

### Make the choice to start the semester well!

- August 29** Adjusting to College
- September 5** Adjusting to College (second opportunity to attend!)
- September 12** What Is Anxiety and How Is It Affecting Me?
- September 19** Why Mindfulness Works
- September 26** Healthy Sleep Habits
- October 3** Overcoming Loneliness
- October 10** Dismantling Perfectionism and Procrastination
- October 17** Healthy Relationships: Family, Friends, and Everything in Between

### Or, finish the semester strong!

- October 24** What Is Anxiety and How Is It Affecting Me?
- October 31** Why Mindfulness Works
- November 7** Healthy Sleep Habits
- November 14** Overcoming Loneliness
- November 28** Dismantling Perfectionism and Procrastination
- December 5** Healthy Relationships: Family, Friends, and Everything in Between

#### COUNSELING AND PSYCHOLOGICAL SERVICES

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