

Gaining Control Over Your Mood

Skills Workshops

Learn to CHANGE your mood through your



Thoughts

February 2, 2017
February 23, 2017

March 9, 2017
March 23, 2017



Actions



Interactions with People

April 6, 2017
April 13, 2017*

Our mood is significantly influenced by the way we think, our behaviors, and our interactions with others. These workshops focus on building on your skills to positively influence your mood, especially when you are overwhelmed and feeling down.

The workshops will cover 3 modules in 6 parts, starting with:

THOUGHTS	Part 1 - Feb 2	&	Part 2 - Feb 23
ACTIONS	Part 1 - March 9	&	Part 2 - March 23
INTERACTIONS WITH PEOPLE	Part 1 - April 6	&	Part 2 - April 13

The workshops are open to everyone and are usually held on Thursdays from 3:30pm-5:00pm at the HLC building, starting February 2, 2017.



Starts Feb 2, 2017



3:30pm - 5:00pm



Health & Learning Center
Room # 2405
*April 13th - Room 2403

Contact us for more
information



Annie Belur, M.A.
Anushree.Belur@nau.edu

Maria Candelaria Flukas
Maria.Candelaria-Flukas@nau.edu