WELLNESS WEDNESDAY
EVERY WEDNESDAY AT 3PM
WITH CAN COMMUNITY COUNSELOR, TRACY THOMAS

Come to this Support Circle and Learn How To:

- Reduce feelings of overwhelm
- Discover how to compartmentalize in a healthy way
- Gain tips on how to stay productive when your mind is distracted
- Participate in storytelling to manage negative emotions
- Develop interpersonal skills to advocate for yourself
- Discuss how to rediscover your own healing traditions
- Managing your time and reduce procrastination
- Talk to your support system about needs and boundaries

Zoom Meeting ID: 956 4641 1416
Passcode: 852378

For any additional wellness questions contact: tthomas@ucdavis.edu