Monday 2/22: Kick off Day!
Check out our "Welcome to Taking Care Week" and "Self-Care" videos

Tues 2/23: Taking Care of Yourself Physically
Link Between Mood and Food 11am-12pm
Learn how to change eating habits to improve your mood
Good Sleep and Mental Health 4pm-5pm
Learn how to improve your sleep to boost different areas of your life

Wed 2/24: Taking Care of Yourself Emotionally
Stress Management 1pm-2pm
Identify strategies to better manage daily experiences of stress
Emotion Management through Writing 4pm-5pm
Develop writing techniques to help improve emotion management

Thurs 2/25: Taking Care of Others
Check our UA social media today and post pictures of your pet, share your random acts of kindness towards others or post a message of encouragement

Fri 2/26: Taking Care of Your Future Self
College to Accessibility in Employment 11am-12pm
Learn how to transition academic accommodations into the workplace
Career Planning 1pm-2pm
Identify strategies to get the most out of your future career