



## THE STAFF

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## Group Therapy Series coming to GCSOM!

### Taking Charge of Wellness:

#### Managing stressors and the anxiety they cause

Stress associated with medical and graduate school can often make taking care of yourself less of a priority than it should be. Stress is also often accompanied by feelings of guilt around things that are not directly associated with academic demands. Exploring stressors and the anxiety that can manifest around stress can be an effective way to learn about ourselves, our needs and how to get those needs met. Student Health Services will run an open group to explore the impact that anxiety can have on medical and MBS students, as well as different ways to combat anxiety and promote personal wellness in the midst of academic pressure. This series will run over the lunch hour and will take place over a period of four weeks. Please Student Health Services starting Tuesday, Feb. 4 through Tuesday, Feb. 25.

**Dates:** Tuesday, Feb. 4 through Tuesday, Feb. 25.

**Time:** Noon – 1 p.m.

**Location:** Classroom 3073E



Please call or stop in the office if interested in services ► ► ►

## Student Health Services

525 Pine Street, Scranton, PA, 18510  
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 570-558-4290

Office Hours: M-F 8 a.m.-4:30 p.m.  
[www.geisinger.edu/education/student-life/student-health-services](http://www.geisinger.edu/education/student-life/student-health-services)