Bears Bounce Back!
Fall 2021 Stress Management Workshops and Skill Building Sessions

How to Join: No registration needed, join via Zoom or come to the in-person events you are interested in checking out. More information and Zoom links available at uhs.berkeley.edu/calendar.

Sexual Debuts & Consent Tabling
Tuesday, September 14
11:00 am - 1:00 pm
Upper Sproul

Description: Come celebrate Sexual Health Awareness Week with SHEP and learn ways to decide when you’re ready to become sexually active for the first time or with a new partner. Communication is Lubrication!
Giveaways: Safer Sex Supplies!

Midterms, Stress Management & Time Management
Tuesday, October 12
12:00 pm - 1:00 pm
Virtual via Zoom

Description: Midterms got you stressed? Curious about ways to manage your time when it feels like everything is a priority? Come talk with Health Educator Summer about ways to manage your schedule & your emotional state during busy season.
Giveaways: Sleep Kits and Wellness Kits!

Eco-Grief, Stress Management & Taking Action (SERC collab)
Tuesday, September 28
12:00 pm - 1:00 pm
Room 82D in B North & Livestream

Description: There are more things going on in the world than we can name and everyone’s feeling it. Join us in creating an opportunity for self-reflection, building resiliency, and connection.
Giveaways: Sleep Kits and Wellness Kits!

Eco-Grief, Stress Management & Taking Action (SERC collab)
Thursday, October 28
12:00 pm - 1:00 pm
Room 82D in B North & Livestream

Description: There are more things going on in the world than we can name and everyone’s feeling it. Join us in creating an opportunity for self-reflection, building resiliency, and connection.
Giveaways: Sleep Kits and Wellness Kits!

Exercise is Medicine & Renew Your Fitness! Stress & Physical Movement (Rec Sports collab)
Tuesday, October 5
12:00 pm - 1:00 pm
Virtual via Zoom

Description: Have you been less active than you’d like? Looking to revive your physical activity habits or start new ones? Come join us to explore opportunities for movement, and pick the brains of RSF and UHS reps on how to get active and feel good.
Giveaways: Bike Helmet Raffle Prizes!

RRR Week Stress Management & Taking Care of Yo Self!
Tuesday, December 7
1:00 pm - 3:00 pm
Moffitt Library

Description: Finals got you stressed? Wanna learn ways to be good to your body & help with focus and injury prevention? Come join UHS Physical Therapy and Health Promotion at this tabling event.
Giveaways: Free Snacks and Foam Roller Raffle Prizes!

Additional stress management events: Health Tip Live! events brought to you by the UHS Health Worker Program and sexual health events brought to you by the UHS Sexual Health Education Program.