Counseling Department Presents

Stress Busters!

Workshop Series

Feeling stressed?

Anxiety, depression, relationships, financial obligations, and time management are common stressors college students face – and that’s on top of working hard to be successful academically!

Help is here!

Learn how to manage stress through your choice of effective methods for personal and academic success!

Learning how to manage your stress can help you concentrate and retain information more effectively, sleep better, and improve your health. An experienced IVC counselor will be your guide.

Sign up online: https://esars.ivc.edu/counselingworkshops/

Plants & Nature

Experience relaxation through interaction with nature. Plant-based activities using succulents, herbs, aromatherapy, and more

Mindfulness & Meditation

Bring a sense of calm to your everyday life by learning how to be present through guided meditations in a relaxing setting

Creative Arts

Use simple art materials and ideas to dream, create, have fun, boost your self-concept, and unwind from your busy life.

See reverse for workshop descriptions, times, & dates

Let’s Talk Series

Come find out how to find success in college and in life in a supportive environment right here on campus

Paws for Stress Relief

Certified therapy dogs will be on campus to offer their furry brand of stress during the most stressful times of the semester

Have a smartphone? Sign up here:

Questions? Contact Michelle Minkler, IVC Counselor, at 949.451.5344 or mminkler0@ivc.edu
Let’s Talk with Jasmine Dieu in LSB 105
Wed. 8/31 from 1-2:30pm: Pathway to College Success - Learn the secrets to making the best of your summer, college tips, making friends and getting to know your professor, to have a positive and successful transition to College.
Wed. 9/14 from 1-2:30pm: How to Transfer in Two Years - Learn how to reach your transfer goals and discover how taking extra time may benefit your overall academic and career goals.
Wed. 9/28 from 1-2:30pm: How to Stay Motivated & Accomplish Anything - Learn easy and effective tips to stay positive and boost your motivation long term to accomplish your academic and life goals.
Wed. 10/12 from 2-3:30pm: Self-Empowerment & Confidence Building - Learn skills and techniques that will help you be empowered and build your confidence to accomplish your academic and life goals!
Wed. 10/26 from 2-3:30pm: Effective Communication & Assertion - Learn effective communication techniques. You can improve your interpersonal skills and practice conversational assertion, which can allow you to get what you want, while winning friends and influencing people.
Wed. 11/9 from 2-3:30pm: Choosing Happiness & Coping with Depression - Learn the symptoms of depression and easy and effective ways to manage depression.
Wed. 11/23 from 2-3:30pm: Stress & Anxiety Management - Learn easy, effective, and creative ways to beat the stress and anxiety in your life and increase your college success, which can help you reach your goals of graduating and transferring faster.

Mindfulness & Meditation with Caryn Sussman in B 258
Thurs. 9/15 from 11am-12pm: Breathing Awareness and Body Scan - We will practice bringing awareness to the natural rhythm of our breathing as a way of cultivating awareness. Cultivating awareness through the body scan increases our familiarity with our bodies and how it responds to our thoughts, emotions and events around us.
Wed. 9/28 from 11:30am-12:30pm: (note room change – A201 B): No Past, No future = No Worries “How to be present for your life now” - Learn how to live with appreciation for the present moment, without being stuck in thoughts about the past or worrying about the future.
Thurs. 10/13 from 11am-12pm: Cultivating Awareness, Acceptance and Aliveness - Mindfulness for cultivating a greater sense of kindness, compassion, curiosity and inquisitiveness toward yourself and others in your life.
Thurs. 10/27 from 11am-12pm: “R.A.I.N” will clear the way for how to let go of self-judgment and difficult emotions. Develop awareness of the habitual patterns of thinking that keep us stuck in suffering.
Thurs. 11/10 from 11am-12pm: Mindfulness communication in relationships - Cultivating an abiding sense of calm even amidst conflict and drama. Exploring compassion, forgiveness, and acceptance as a mindful practice.
Thurs. 12/8 from 11am-12pm: Daily Practices for Mindful Living - Bringing mindfulness to driving, eating, sleeping, chores, studying, test taking, and enjoying nature.

Creative Arts with Tiffani Gamboa in LSB 105
Wed. 8/31 from 3:30-4:30pm: Dream Boards - Do you know what to be when you grow up? And if so, have you written out all of your goals and dreams for your life on a piece of paper? If you haven’t yet, you should! Research shows that people who have their goals written down somewhere or composed in the form of a dream or vision board are more likely to accomplish their goals than those who have not. Come creatively brainstorm about what you want to accomplish out of your life and get one step closer in making your dreams your reality.
Wed. 9/7 from 3:30-4:30pm: Adult Coloring Book - Are you stressed about school, your friends, your family, your job, or anything for that matter? Did you know that coloring can be just as beneficial for adults as it was when you were a child? Please join us in a de-stressing activity by exploring one of the newest crazes: Adult coloring books!
Wed. 9/21 from 3:30-4:30pm: “Phone-tography” - Have you ever wanted to explore the world of photography but can’t afford a good camera? Worry no more! If you have a smartphone, that is all you need to learn the basics of photography. Join us in learning some of the key techniques needed in order to be a better “phone-tographer.”
Wed. 10/5 from 2:30-3:30pm: Affirmation Cards - Who are you? And more importantly who do you want to be? Join us in exploring how to build your self-confidence while exploring your creative expressions in creating affirmation cards.
Wed. 10/19 from 2:30-3:30pm: Dream Boards - Do you know what to be when you grow up? And if so, have you written out all of your goals and dreams for your life on a piece of paper? If you haven’t yet, you should! Research shows that people who have their goals written down somewhere or composed in the form of a dream or vision board are more likely to accomplish their goals than those so have not. Come creatively brainstorm about what you want to accomplish out of your life and get one step closer in making your dreams your reality.
Wed. 11/2 from 11:30-12:30: Adult Coloring Book - Are you stressed about school, your friends, your family, your job, or anything for that matters? Did you know that coloring can be just as beneficial for adults as it was when you were a child? Please join us in a de-stressing activity by exploring one of the newest crazes: Adult coloring books!
Wed. 11/16 from 11:30-12:30: Advent Calendar - Do you need some pep in your step? Did you know that giving back to others or showing thankfulness to others can actually help you feel better about yourself? Join us in a creative workshop designed to help you express both your creativeness and gratitude toward each other.
Wed. 11/30 from 11:30-12:30: Advent Calendar - Do you ever wake up on the wrong side of the bed? And has that spiraled into a, “no good, really bad day”? Little did you know that channeling your energy into a more positive and upbeat tone can change the direction of your day. Join us in creating a reusable advent calendar that will help boost your confidence, show thanks, and live the happily every after you want and, more importantly, deserve.

Plants & Nature with Michelle Minkler in SSC Quad
Mon. 8/29 from 12-1pm: Make & take container plant – The acts of interacting with nature and exploring your creative side will lull you into relaxation. Use chalk markers to write a zen message on your own succulent creation.
Thurs. 9/8 from 12-1pm: Sand & Succulent Terrarium – Become mesmerized by layering your choice of colored sands in a glass container and top it off with moss and a succulent for your very own terrarium to enjoy while you work or study.
Mon. 9/26 from 12-1pm: Homemade reed diffusers – Scent can be very powerful stress relievers. A combination of simple botanical ingredients will leave you breathing easy as you make your own unique scented liquid to diffuse the air in your home or office with.
Thurs. 10/13 from 12-1pm: Make & take container plant – The acts of interacting with nature and exploring your creative side will lull you into relaxation. Explore the ease and enjoyment of planting with succulents.
Mon. 10/24 from 12-1pm: Stress-relieving tea – Using simple herbs such as mint and chamomile in a tea can relax and soothe your nerves. Make your own personalized herbal stress-relieving tea to take home.
Thurs. 11/10 from 12-1pm: Fall leaves and burlap candles – A nature walk on campus will reveal red, orange, and yellow fall leaves you can use to make this soothing, easy to make candle to relax you in your office or at home.
Mon. 11/21 from 12-1pm: Make & take container plant – The acts of interacting with nature and exploring your creative side will lull you into relaxation. Explore the ease and enjoyment of planting with succulents.

Paws for Stress Relief
Weeks of October 10th & December 12th - Certified therapy dogs will be on campus to offer their furry brand of stress relief during the most stressful times of the semester.