



## Feeling Overwhelmed and Looking to Get “Unstuck?” Attend Recognition, Insight, and Openness (RIO)!

Times are not easy. As our campus works toward having a more “normal” school year, there’s still been a lot of stress around health and safety as we all try to determine what life will now be like. To better manage difficult feelings, the Counseling Center offers RIO, an interactive experience that helps you:

- Learn mindfulness skills to identify why you’re feeling the emotions you are and accept them.
- Manage stress, anxiety, and other emotions productively.
- Identify what’s most important to you and prioritize accordingly.

This series is open to all Illinois students—you do not need to be a current client of the Counseling Center. We do strongly encourage you to be available to attend both online sessions. To register, please visit [counselingcenter.illinois.edu/RIO](https://counselingcenter.illinois.edu/RIO) and choose the session that works best for your schedule. We are offering a variety of in-person and Zoom options. After you’ve registered, you’ll receive an email confirmation that includes location information or Zoom log-in information. Here are the times RIO will be offered this spring:

- Tuesday, February 22 and March 1 @ 6 p.m. (Zoom)
- Wednesday, February 23 and March 2 @ 5 p.m. (Zoom)
- Monday, February 28 and March 7 @ 4p.m. (FAA)\*
- Wednesday, March 2 and 9 @ 5 p.m. (ACES)\*
- Wednesday March 23 and 30 @ 7 p.m. (Zoom)
- Monday, March 28 and April 4 @ 5 p.m.(LAS)\*
- Wednesday, March 30 and April 6 @ 5 p.m. (Gies)
- Tuesday April 5 and 12 @ 8 p.m. (Zoom)
- Monday, April 11 and 18 @ 6 p.m. (DGS–Zoom)\*
- Wednesday, April 13 and 20 @ 7 p.m. (Zoom)
- Monday, April 18 and 25 @ 7 p.m. (Housing)\*
- Tuesday, April 26 and May 4 @ 8 p.m. (Zoom)

**\*These sessions are primarily for students who are in the college listed, but anyone is welcome to register.**

**For in-person sessions, please ensure you have building access via the Illinois app and remember a mask.**



**Student Affairs**

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

**Counseling Center**

[counselingcenter.illinois.edu](https://counselingcenter.illinois.edu)

217-333-3704