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

These times are not easy. Classes are online, we’re maintaining physical distance as many summer traditions are cancelled, and the events of the world feel very heavy. Many people are having strong reactions to our current situation. RIO, which is led by Counseling Center clinicians, provides 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. After you’ve registered, you’ll receive an email with a link to attend and your materials.

**Thursday, June 18 and June 25, 5 to 6 p.m.**

**Tuesday, June 30 and July 7, 2020, 9 to 10 p.m.** (This session is being held at a time international students in time zones different from Illinois will hopefully find convenient, but anyone is welcome!)

**Wednesday, July 22 and July 29, 5 to 6 p.m.**

**Tuesday, August 4 and August 11, 5 to 6 p.m.**

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