



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

Times are not easy. As our campus works toward having a more “normal” semester, 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 the stress of these times, 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 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. Here are the times RIO will be offered this fall:

- Thursday, September 30 and October 7 @ 5 p.m.
- Tuesday, October 5 and October 12 @ 4 p.m.(ACES)*
- Wednesday, October 6 and October 13 @ 5 p.m.
- Monday, October 11 and 18 @ 5 p.m. (LAS)*
- Wednesday, October 20 and 27 @ 7 p.m. (via Zoom)
- Thursday, October 21 and 28 @ 3 p.m. (FAA)*
- Monday, November 1 and 8 @ 4 p.m. (Engineering)*
- Wednesday, November 3 and 10 @ 6 p.m. (Gies)*
- Thursday, November 4 and 11 @ 5 p.m. (DGS)*
- Tuesday, November 9 and 16 @ 8 p.m. (via Zoom)
- Monday, November 29 and December 6 @ 4 p.m.
- Tuesday, November 30 and December 7 @ 8 p.m. (via 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 Safer Illinois app and remember a mask.



Student Affairs

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Counseling Center

counselingcenter.illinois.edu

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