



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

These times are not easy. Classes have switched online, we’ve been told to maintain social distance, and life is very different than it was a few weeks ago. Many people are having strong reactions to these changes. 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, April 2 & 9, 2020, 4-5 p.m.
Wednesday, April 8 & 15, 4-5 p.m.

Additional RIO sessions will likely be offered this semester. If the times above don’t work for you, please check our website soon for other dates and times.

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STUDENT AFFAIRS

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