Effective Strategies for Managing Distress

The Cook Counseling Center invites you to a workshop that will teach you effective coping skills you can use to manage distress and feel more balanced.

**Who:** Any current VT students

**When:** Wednesday, March 17 (3-4:30 pm)

**Where:** Via Zoom - a link will be sent out to all registered students

*Please register by scanning the QR Code or following this link:* https://virginiatech.qualtrics.com/jfe/form/SV_dg0mbZkp0OBW3dk

**Questions:**
- Are you feeling overwhelmed or stuck?
- Would you benefit from resources that help manage these complex emotions?
- Do you feel out of control or impulsive when faced with distressing events or situations?