

MENTAL HEALTH AWARENESS WEEK AT USG

OCT 2026

SCHEDULE OF EVENTS

**MON
OCT.5**

MOVE FOR MOOD 5K

Join us for a campus 5K! Walk or run at your own pace. Free T-shirts while supplies last.

Campus Quad | 11 AM-2 PM



WHEN YOUR BRAIN WON'T SHUT OFF WORKSHOP

Learn simple, practical tools to manage overthinking, reduce stress, and calm a busy mind. Pizza will be provided!

BLDG IV, Room 1119 | 1-1:45 PM

**TUE
OCT.6**

**WED
OCT.7**

VIRTUAL MINDFULNESS: JUDGE LESS

Build acceptance and reduce judgment through live meditation in our weekly mindfulness series.

Virtual | 12-12:45 PM



YOGA FOR STRESS RELIEF

Join us for a relaxing yoga session designed to ease stress, calm the mind, and help you reset.

BLDG III, Room 2241 (Next to the Gym) | 1-1:45 PM

**THU
OCT.8**

**FRI
OCT.9**

SELF-CARE YOUR WAY

Make time for yourself today! Choose your own self-care activity and do something that helps you recharge



The Universities
AT SHADY GROVE

Center for Counseling
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Hire

