



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

Times are not easy. As our campus works toward having a more “normal” school year, 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 difficult feelings, 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 sessions. To register, please visit [counselingcenter.illinois.edu/RIO](https://counselingcenter.illinois.edu/RIO). If the session below doesn’t work for your schedule, feel free to sign up for another time! After you’ve registered, you’ll receive an email confirmation that includes location information.

### Gies College of Business

**March 30 and April 6, 2022, 5 p.m.**

**For in-person sessions, please ensure you remember a mask.**



**Student Affairs**

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

**Counseling Center**

[counselingcenter.illinois.edu](https://counselingcenter.illinois.edu)

217-333-3704