



Feeling Overwhelmed and Looking to Get “Unstuck?” Attend the Counseling Center’s RIO Online!

Times are not easy. Feeling isolated and lonely is very common, and life is very different than it was before the pandemic. Many people are having strong reactions to these changes. RIO, which stands for recognition, insight, and openness, is led by Counseling Center clinicians and 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.

Summer 2021 Dates

Tuesday, June 22 and June 29, 5-6 p.m.

Wednesday, June 30 and July 7, 8-9 p.m.

Tuesday, July 13 and July 20, 7-8 p.m.

Wednesday, July 14 and July 21, 5-6 p.m.

Thursday, July 22 and July 29, 11 a.m. - noon

Tuesday, July 27 and August 3, 4-5 p.m.



Student Affairs

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Counseling Center

counselingcenter.illinois.edu

217-333-3704