

Boosting Your Positive Outlook

Develop a strategy for combating negative thoughts and increasing their positive outlook.

Understand how negative thoughts work and impact the body.

Define the term stress whirlpool

Join us February 10th, 2016 from your desk
or in Loyola 271 from 12:00– 1:00pm



SAINT MARY'S
UNIVERSITY SINCE 1802

One University. One World. Yours.