Join us at the DRC to talk about how you can invite wellness into your life, and learn some strategies to manage stress and anxiety! Weekly groups will target different areas of student life and academics.

**Oct. 26 — Finding Motivation**
This group will use motivational interviewing techniques to help students find drive and passion for their work and beat procrastination.

**Nov. 9 — Using Mindfulness to Manage Anxiety**
This group will teach the basics of mindfulness, and discuss how those skills can be applied to help manage stress & anxiety.

**Nov. 2 — Finding Your Niche at UF**
This group will discuss how to find your place at UF. We will discuss ways to get involved on campus in order to build relationships with peers.

**Nov. 16 — Test Anxiety**
As we start preparing for final exams, we will take a look at testing anxiety and how students can manage it in order to be successful.

**Nov. 30 — Finding Balance in Life**
As we approach the end of the semester, join us to take a break from your hectic days and talk about the importance of self-care.

**Thursdays 3:00pm—3:50pm @ Disability Resource Center**

You do not need to pre-register for DRC Groups. If you have any questions, please contact Jessica Krauth at JessicaK@ufsa.ufl.edu or Danielle Clark at DanielleC@ufsa.ufl.edu. Groups are psychoeducational in nature and are solution focused. You do not have to attend every session. Please feel free to attend even if you have to come late or leave early.