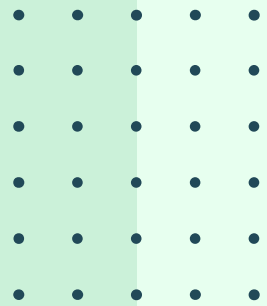
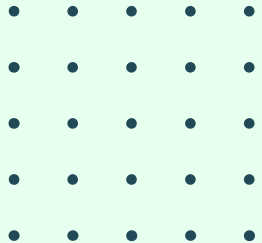


Think Less, Vibe More: . . . .

Week 9: Group i Gr . . . .

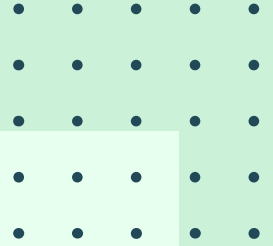


# Butterfly Hug Exercise

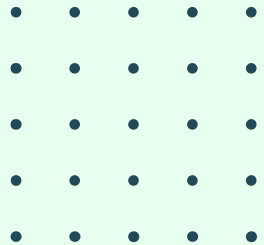




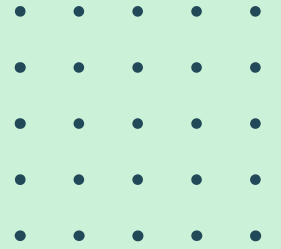
# Weekly Check In

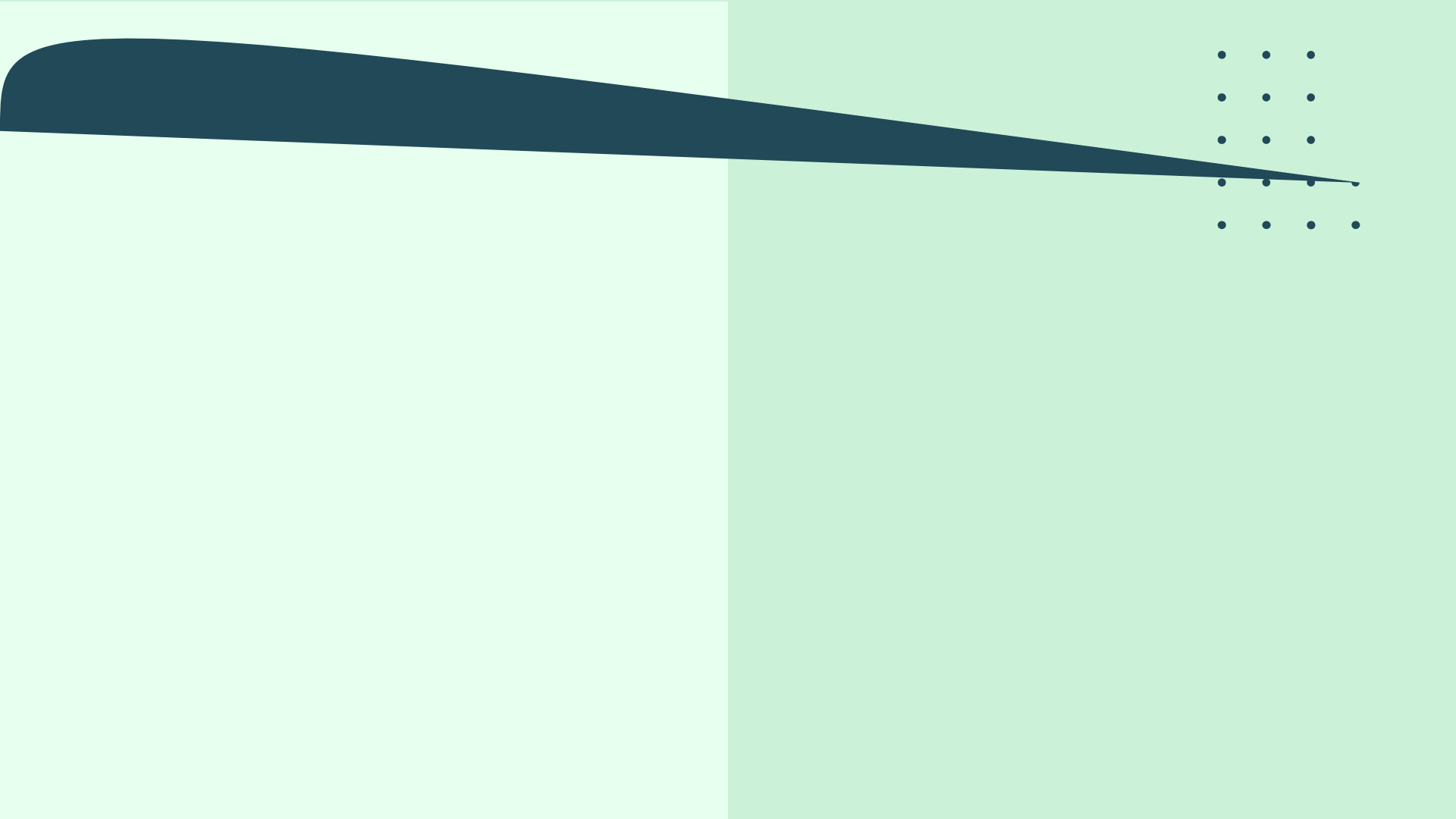


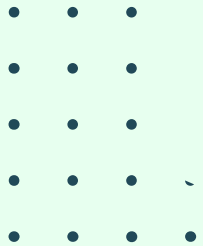
# Review



Think Less, Vibe More Skills

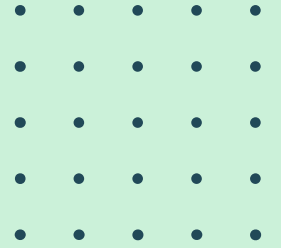








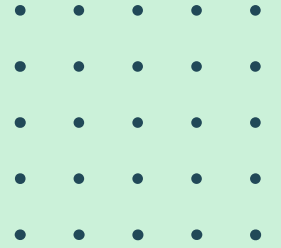
# Create Healthy Options



•

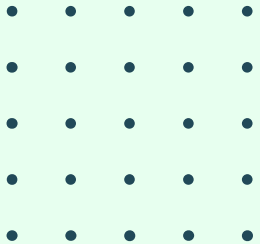
•

# Make Healthy Connections

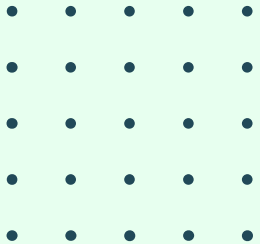


# Build Emotional Tolerance

Focus on Your Goals

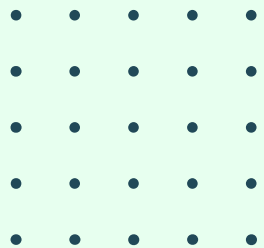


# Reflect and Grow



# 05. Reflect &

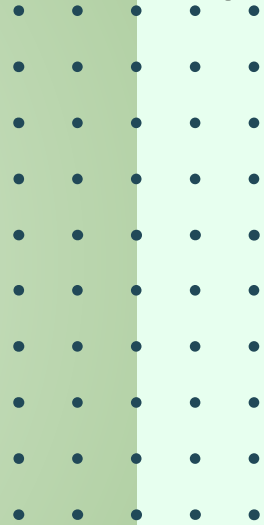
# Debrief





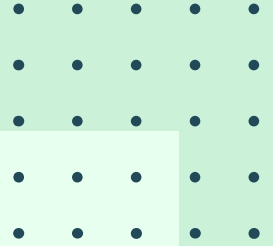
# Spring Counseling Groups

Think Less, Vibe More - Practice coping skills to make healthy









Thanks for joining!

