

Finding Balance

A Virtual Fall Series for Teens & Adults

Thursdays from 12 - 12:45 pm CST on Zoom

Led by Change to Chill Facilitators

Balancing Act Navigating the New Norm

OCTOBER 22

[Register](#)

A lot of people talk about finding life balance, but what does that really mean? We'll explore what's important to you and how you can learn to prioritize daily demands while still taking care of you!

Change Your Perspective A Mental Remix

OCTOBER 29

[Register](#)

Stuck in a rut? Every once in a while, we need a mental remix – mentally remixing how we deal with stress and respond to others in stressful situations. Join us to learn new strategies to change your perspective and gain clarity!

Finding Focus Mindfulness for Extracurricular Activities

NOVEMBER 12

[Register](#)

Research shows a strong link between the practice of mindfulness and increased performance in athletics and other activities. Learn new tools to put your mind into focus during practice or competition and discover new ways to thrive with the changing circumstances..

Self-care for the Soul What It Is & What It Is Not

NOVEMBER 19

[Register](#)

Simple in theory but more challenging in practice, self-care is something we often overlook. Discover what self-care is and what it is not, and create a plan to incorporate self-care practices into your life.

www.changetochill.org/virtual-fall-series/