



INDIVIDUAL STRESS MANAGEMENT SESSIONS

Build Skills in Relaxation and Self-Reflection

Clarify Personal Values

Enhance Emotional Well-Being

Emory Psychological Center
Department of Psychology
3-Session Telehealth Series

Call (404) 727 - 7451

Sessions are **Free of Charge**
Space is Limited

We welcome Emory's staff, faculty, and students to take advantage of this 3-session telehealth psychoeducational opportunity at the Psychological Center. This service is currently offered **free of charge**.

We would like to assist you with creating your own physical and mental relaxation skills toolbox using strategies drawn from the fields of mindfulness and cognitive behavioral therapy. You will be guided through exercises to build skills in relaxation and self-reflection while clarifying personal values and enhancing emotional well-being.

After a short screening phone call, you will work with one of our clinicians in a guided, interactive, 3-session video chat web series. These sessions are 50 minutes long and are held once a week for 3 weeks. Sessions can be conveniently scheduled.

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