

Mental Health Awareness Workshop Series for UB Law Students

All events will be held in the 505 O'Brian Conference Room

Thursday, 8/31 6:00-6:45 p.m.	Depression & Anxiety Coping Skills Toolbox	Millions of people all over the world live with depression and anxiety. This includes law students, who juggle many stressors and demands which may create or exacerbate these conditions. Come to this workshop to learn some helpful approaches to these common issues.
Thursday, 9/7 4:00-4:45 p.m.	Managing Imposter Syndrome	Many law students report feelings of imposter syndrome. This manifests as feeling as though one's success is not deserved or legitimately achieved. It can also leave students feeling like a "fraud" or a "phony" as though they do not belong. They often suffer anxiety waiting to be "found out." This workshop will discuss this phenomenon, define the types of imposterism and ways to address it.
Friday, 9/15 10:00-10:45 a.m.	Breaking Up with Perfectionism	While diligence and attention to detail make exceptional law professionals, perfectionism is an insidious way of thinking that often leaves law students depressed and anxious. Come learn about the traits of perfectionism as well as ways to approach it with self-compassion and mindfulness.
Friday 11/3 10:00-10:45 a.m.	Living With Anxiety	Anxiety is a naturally occurring reaction to stress. Ideally, it is designed to gently prompt us to be alert and proactive when needed. However, anxiety can grow into an unhealthy and dysfunctional over reaction that has led many law students to exhaustion and feelings of overwhelm. Come join a discussion about anxiety and ways to work with it, hopefully lessening its impact on your health and mental health.

Presented by

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