Week 15: Prioritize Wellness in Your Life

Engineering Career Services • April 19th—April 23rd

Video of the Week
Prioritizing Wellness in Your Life

Blog of the Week
Financial Wellness: Banking, Credit and Budgets—Oh My!

Q&A Topic of the Week
Stress Management Techniques
Social Wellness
How to Support Each Other

Resources
*Wellness Resources
Buckeye OnPace Modules
Mindfulness Practices

Events
*ECS: Q&A Prioritizing Mental Health
*ECS Ask the Director (drop-in)