

Enroll for Fall or Winter Quarters!
Tues/Thurs 10-11:20

CNSL 72/SPED 72

Stress, Wellness, and Coping

Approved for CSU and Foothill GE Category Life Long Understanding
3 Units

Learning to cope!

Overcoming stress!

Instructor: Ernest Schmidt, LCSW is a licensed therapist who works for Psychological Services and Personal Counseling at Foothill College and has a private practice in Palo Alto.



Learn more about:

- **Stress, depression, and anxiety** and the negative impact it can have on your overall health.
- **Specific and effective coping skills** to keep your mind and body healthy.
- **Strategies and tools** that counselors/therapists use to help their clients improve their mental health and wellness.

Topics include:

- *Depression
- *Stress
- *Anxiety
- *Assertive Communication
- *Exercise
- *Relaxation Exercises
- *Proper sleep habits
- *Goal Setting
- *Nutrition
- *Cognitive-Behavioral Therapy

This class is designed to be fun, interesting, and useful. The skills that will be learned can be used to help yourself, your friends, and/or individuals in your field of study.

For more information, contact Ernest Schmidt at
(650) 949-7020 or schmidternest@fhda.edu