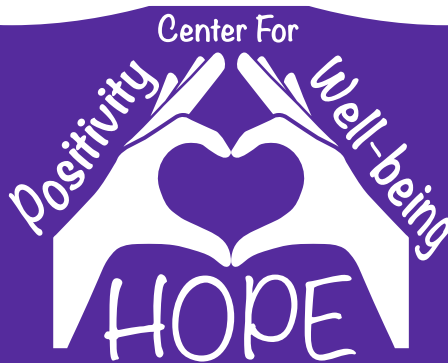


III | NORTHWESTERN STATE

# POWER OF POSITIVITY

FEATURING MELISSA RUIZ



SPONSORED BY THE NSU CENTER FOR POSITIVITY, WELL-BEING, AND HOPE

**Wednesday, September 22, 2021 • 4 - 7 pm**  
**Student Union Ballroom**

Limited seating • RSVP due by September 17th

**Open to NSU students, faculty, and staff, campus and Natchitoches community**

Positivity within us create inner strength, but chronic stress can break our positivity; therefore, weaken our inner strength. Stress has become a more prevalent and expected part of our everyday lives. In this session participants will break down what stress is, how it affects the brain and the body. Students will learn: how they can increase productivity in their lives while reducing stress; Create a routine to employ before stressful events, and learn breath work to manage heightened stress.



RSVP HERE by 9-17



[nsu.la/positivity](https://nsu.la/positivity)

