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# CSU Counseling Center Videos

## Self Help Videos

Mental Health for Graduate Students

Mental Health 101 Series: Let that \$#% Go: Decreasing Anxiety by Dr. Cheryl Yatsko

Mental Health 101 Series: Loneliness and Social Anxiety by Dr. Cheryl Yatsko

Mental Health 101 Series: Lifting Yourself Out of Depression by Dr. Cheryl Yatsko

Mindfulness Meditation - Guided Meditation

Math Test Anxiety

Time Management