



Feb.  
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2020-2021  
Wil Alexander  
**Wholeness  
Series**

**A Fine Balance:  
Addressing Academic Burnout,  
Soul Fatigue, Hurry Sickness  
& Other Student Snags**

**Karl Haffner, M.Div., MBA, PhD**

*Vice President for Student Experience, Loma Linda University*

**A fun and lighthearted look at the frenzied pace and crazy calendars that student survival demands. Participants will discover that “letting the Spirit control your mind leads to life and peace” (Rom. 8:6, NLT).**

- Understand the critical link between one’s thought life (thoughts, mental health, emotional wellbeing) and a successful, balanced and fulfilling life
- Learn essential tools to cope with the frenetic and stressful pace of life at LLU
- Explore a Biblical perspective on mental wellbeing and wholeness

**Sponsored by:** Loma Linda University School of Dentistry

View workshops @ **home.llu.edu/waws** or **https://llu.tv**



**The Wil Alexander Wholeness Series**  
(WAWS) honors the legacy of a beloved educator and innovator who pioneered the concept of whole-person care on the Loma Linda University campus.



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