

Feel Better Now

A FREE Workshop for Learning to Cope with Anxiety & Depression



Purpose:

To learn skills that will positively influence your day to day living. This will be accomplished by providing you relevant information about thoughts and emotions, teaching you alternative ways of responding to stress and disappointments, and by receiving group support.

Fall Workshop Series:

Tuesdays 3:00 – 4:00 p.m.
Wednesdays 11:00 – 12:00 p.m.

**New workshops start
Sept. 5th & 6th!!!**

*****Please register online to attend*****

Workshop Description:

A four week psycho-educational and support group focused on teaching students skills in the areas of mindfulness, emotional regulation, and learning adaptive ways of thinking in order to facilitate positive emotions and experiences.

Mindfulness Clinic

Student Services Building, Rm. 344

University Counseling Center

Phone: (801) 581-6826

*****Online Registration Required:**

<http://counselingcenter.utah.edu/forms/mindfulness-workshop-registration.php>



Feel Better Now Workshop Overview & Content

Workshop Description: Feel Better Now is a four week experiential workshop offered by the University Counseling Center's Mindfulness Clinic that is focused on teaching students ways of understanding their emotions. It provides them with psycho-educational information, and they will engage in skill-building, group discussion, and experiential exercises as they learn skills in emotional regulation and mindfulness, and develop healthier, more effective ways of coping with stress and difficult emotions.

Module 1: Introduction to Mindfulness and Models for Emotions

- Model for understanding our experiences – Thoughts, Feelings, and Behavior
- Distress Intolerance and the Role of Emotional Avoidance
- Introduction to Mindfulness
- Models for Describing our Emotions

Module 2: The Connection between Thoughts and Feelings

- Wise Mind and Understanding how Thoughts and Feelings Interact
- Common Mind Traps and Identifying/Challenging Automatic Thoughts
- What Good are Emotions?
- Observing and Describing our Emotions

Module 3: Coping and Maintaining Positive/Effective Change

- Prioritizing Needs and Utilizing Effective Crisis Survival Skills
- Building Effective Long-Term Coping Strategies
- Implementing Mindfulness into Every Day Life
- Utilizing What Works, Additional Resources, and When to Seek Help

Module 4: Promoting Self-Compassion and Acceptance of Emotions

- Self-Compassion and the Inner Critic
- Understanding the Function of Painful Emotions
- Increasing Pleasant Emotions
- Releasing Painful Emotions/Thoughts/Conditions of Worth

Fall 2017 Feel Better Now Workshop Dates, Times, & Location:

Tuesday Workshop (3pm – 4pm), SSB 344

Facilitator: Roberto Martinez

Sept. 5 (module 1)

Sept. 12 (module 2)

Sept. 19 (module 3)

Sept. 26 (module 4)

Wednesday Workshop (11am – 12pm), SSB 344

Facilitator: Danielle Fetty

Sept. 6 (module 1)

Sept. 13 (module 2)

Sept. 20 (module 3)

Sept. 27 (module 4)

Drop-in Meditation Sessions are held every Monday from 12:30pm – 1pm in SSB 344**

A rotating group of UCC staff, trainees, and clinicians facilitate Drop-in Meditation Sessions

*** Drop-in Meditation Sessions are not held over semester breaks***