



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

Summer 2017 Feel Better Now Workshop Dates & Location:

Tuesdays (12pm – 1pm)

Series #1 (5/30-6/20)

May 30 (module 1)
June 6 (module 2)
June 13 (module 3)
June 20 (module 4)

Series #2 (7/11-8/1)

July 11 (module 1)
July 18 (module 2)
July 25 (module 3)
August 1 (module 4)

Wednesdays (3pm – 4pm)

Series #1 (5/31-6/21)

May 31 (module 1)
June 7 (module 2)
June 14 (module 3)
June 21 (module 4)

Series #2 (7/12-8/2)

July 12 (module 1)
July 19 (module 2)
July 26 (module 3)
August 2 (module 4)

Thursdays (1pm-2pm)

Series #1 (6/8-6/29)

June 8 (module 1)
June 15 (module 2)
June 22 (module 3)
June 29 (module 4)

Drop-in Meditation Sessions are every Monday from 12:30pm – 1pm in SSB 334**

A rotating group of UCC clinicians facilitate Drop-in Meditation Sessions

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