Feel Better Now
A FREE Workshop for Learning to Cope with Anxiety & Depression

New Series Start
Oct 17th & 19th
Tuesdays 3:30-4:30PM
Thursdays 11-12PM

A 4-week psycho-educational & support group focused on helping participants learn mindfulness, emotional regulation, & adaptive ways of thinking skills in order to facilitate positive emotions and experiences.

THE MINDFULNESS CENTER
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 Center that focuses on teaching students ways of understanding their emotions. It provides them with psycho-educational information, skill-building, group discussion, and experiential exercises to learn skills for emotional regulation and mindfulness, and to 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:**

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<thead>
<tr>
<th>Tuesday Workshop (3:30 – 4:30pm), SSB 344</th>
<th>Thursday Workshop (11am – 12pm), SSB 344</th>
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<tbody>
<tr>
<td>Facilitator: Alexis Arczyński &amp; Jayden Thai</td>
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<td>Oct. 17 (module 1)</td>
<td>Oct. 19 (module 1)</td>
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<td>Oct. 24 (module 2)</td>
<td>Oct. 26 (module 2)</td>
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<td>Oct. 31 (module 3)</td>
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<td>Nov. 7 (module 4)</td>
<td>Nov. 9 (module 4)</td>
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**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 or university holidays**