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

New Series Start
September 4
Tuesdays 3:00-4:00 PM
Thursdays 11:00-12:00 PM

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

Module 2: The Connection between Thoughts and Feelings
- Wise Mind and Understanding how Thoughts and Feelings Interact
- What Good are Emotions?
- Observing and Describing our Emotions

Module 3: Coping and Maintaining Positive/Effective Change
- Building Resilience
- 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
- Understanding the Function of Painful Emotions
- Self-Compassion and Identifying Needs
- Loving kindness Meditation

Spring 2018 Feel Better Now Workshop Dates, Times, & Location:

**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**