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

New Series Start
January 23rd
Wednesdays 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

***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:**

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<th>Wednesday (3:00 – 4:00pm), SSB 344</th>
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<td>January 23 (module 1)</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**