

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

STUDENT SERVICES BUILDING, RM. 344
UNIVERSITY COUNSELING CENTER
PHONE: (801) 581-6826

Online Registration Required

[http://counselingcenter.utah.edu/forms/mindfulness-workshop-
registration.php](http://counselingcenter.utah.edu/forms/mindfulness-workshop-registration.php)

Feel Better Now Workshop Overview & Content

Workshop Description

Feel Better Now is a 4-week workshop offered by the Mindfulness Center that focuses on exposing U of U community members to mindfulness-based skills to tolerate distress and manage emotions. It provides participants with psycho-educational information, skill-building, group dialogue, & experiential exercises and to develop healthier, more effective ways of coping with stress & difficult emotions.

Module 1: Introduction to Mindfulness & Models for Stress

- Discuss a holistic model of distress
- Explore the role of emotional avoidance & distress intolerance
- Introduce mindfulness practices

Module 2: The Connection between Thoughts & Feelings

- Describe the Wise Mind & how thoughts & emotions overlap
- Apply a mindful approach to regulating strong emotions
- Practice building emotional balance

Module 3: Coping & Maintaining Positive/Effective Change

- Identify strategies to cope with short-term stress
- Discuss ways to manage long-term stress
- Apply mindfulness into everyday life

Module 4: Promoting Self-Compassion and Acceptance of Emotions

- Discuss how to accept emotions
- Introduce self-compassion
- Practice self-compassion breaks and lovingkindness meditation

Spring 2019 Feel Better Now Workshop Dates, Times, & Location:

Wednesday (3:00 – 4:00pm), SSB 344

- Series 1: 1/23-2/13: Cerynn & Alexis
- Series 3: 2/20-3/6 (3-part series): Olivia & Alexis
- Series 5: 3/20-4/10: Josh & Alexis

Thursday (11am – 12pm), SSB 344

- Series 2: 1/24-2/14: Chelsea & Alexis
- Series 4: 2/21-3/7 (3 part series): Sarah & Sara
- Series 6: 3/21-4/11: Amber & Chelsea

Drop-in Meditation Sessions are held Mondays & Thursdays** 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***

