

Feel Better Now

*A FREE Workshop for Learning to Cope
with Anxiety & Depression*

New Series Start

May 14

Tuesdays 11:00-12:00

Thursdays 2:00-3:00 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:

Tuesday Workshop (11am-12pm), SSB 344

May 14 (module 1)	June 11 (module 1)
May 21 (module 2)	June 18 (module 2)
May 28 (module 3)	June 25 (module 3)
June 4 (module 4)	July 10 (module 4)

Wednesday Thursday (11am – 12pm), SSB 344

May 22 (module 1)	June 19 (module 1)
May 29 (module 2)	June 26 (module 2)
June 5 (module 3)	July 11 (module 3)
June 12 (module 4)	July 18 (module 4)

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***

