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

New Series Start
September 24: Tuesdays from 1 PM-2 PM
September 26: Thursdays 11 AM-12 PM
October 2: Wednesdays 9 AM-10 AM
October 14: Mondays 4 PM-5 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***
https://mindfulnesscenter.utah.edu/forms/mindfulness-workshop-registration.php
**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