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

New Series Start
January 7th

Mondays from 9am - 10am
Tuesdays from 1pm - 2pm
Thursdays from 11am - 12pm
Wednesdays from 4pm - 5pm

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 2020 Feel Better Now Workshop Dates & Times:**
(Excludes holidays and breaks)

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<th>Day</th>
<th>Time</th>
<th>Series Dates</th>
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<td>Monday</td>
<td>4pm-5pm</td>
<td>Series 3: January 16 - February 6</td>
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<td>Series 7: February 24 - March 23</td>
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<td>Series 12: March 30 – April 20</td>
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<td>Tuesday</td>
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<td>Wednesday</td>
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<td>Thursdays</td>
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