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

Spring 2020

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

***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)

<table>
<thead>
<tr>
<th>Monday 4pm-5pm</th>
<th>Tuesday 1pm-2pm</th>
<th>Wednesday 9am-10am</th>
<th>Thursdays 11am-12pm</th>
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| Series 3: January 16 - February 6  
Series 7: February 24 - March 23  
Series 12: March 30 – April 20 | Series 1: January 7 – January 28  
Series 5: February 4 – February 25  
Series 9: March 17 – April 7 | Series 2: January 8 - January 29  
Series 6: February 5 - February 26  
Series 10: March 18 - April 8 | Series 4: January 13 - February 10  
Series 7: February 13 - March 5  
Series 11: March 26 - April 16 |