Feel Better Now

A FREE Workshop for Learning to Cope with Stress, Anxiety, & Depression

Summer 2022

Wednesday, 5/18 - 6/8, 1pm - 2 pm
Thursdays, 5/26 - 6/16, 4pm - 5pm
Tuesdays, 6/7 - 6/28, 11am - 12pm
Wednesday, 6/15 - 7/6, 1pm - 2pm
Wednesday, 7/13 - 8/3, 1pm - 2pm

Join our 4-week online workshop to learn mindfulness, emotional regulation, & adaptive thinking skills to cope with these difficult times.

Please register to attend ***
or contact mindfulnesscenter@sa.utah.edu for more information.

**Zoom information provided after registration

THE MINDFULNESS CENTER

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

***http://mindfulnesscenter.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 2022 Feel Better Now Workshop Dates & Times:**
(Excludes holidays and breaks)

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<tr>
<th>Mondays 1pm-2pm</th>
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<tr>
<td>Series 5: Jan 24 - Feb 14</td>
<td>Series 1: Jan 18 - Feb 8</td>
<td>Series 2: Jan 19 - Feb 9</td>
<td>Series 3: Jan 20 - Feb 10</td>
<td>Series 4: Jan 20 - Feb 10</td>
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Mind Full, or Mindful?