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

Tuesdays 1pm - 2pm
Wednesdays 4pm - 5pm

Join our 4-week online workshop to learn
mindfulness, emotional regulation, & adaptive
thinking skills to cope with stress, anxiety, &
depression.

Please register to attend ***
***http://mindfulnesscenter.utah.edu/forms/mindfulness-workshop-registration.php

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

---

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

<table>
<thead>
<tr>
<th>Tuesday 1pm-2pm</th>
<th>Wednesday 4pm-5pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Series 1: May 12-June 2</td>
<td>Series 2: May 20-June 10</td>
</tr>
<tr>
<td>Series 3: June 6-30</td>
<td>Series 4: June 17-July 8</td>
</tr>
<tr>
<td>Series 5: July 7-28</td>
<td>Series 6: July 15-29</td>
</tr>
</tbody>
</table>

---

Mind Full, or Mindful?