

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](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)

Mondays 1pm-2pm

Series 5: Jan 24 - Feb 14
Series 10: Feb 28 - Mar 12
Series 15: Mar 28 - Apr 18

Tuesday 4pm-5pm

Series 1 : Jan 18 - Feb 8
Series 6: Feb15 - Mar 15
Series 11: Mar 22 - Apr 12

Wednesday 1pm-2pm

Series 2: Jan 19 - Feb 9
Series 7: Feb 16 - Mar 16
Series 14: Mar 23 - Apr 13

Thursday 1pm-2pm

Series 3: Jan 20 - Feb 10
Series 8: Feb 17 - Mar 17
Series 13: Mar 24 - Apr 14

Thursday 4pm-5pm

Series 4: Jan 20 - Feb 10
Series 9: Feb 17 - Mar 17
Series 14: Mar 24 - Apr 14

