

SPRING 2018 GROUPS:

Feel Better Fast:

Do your emotions overwhelm or paralyze you? Are you unable to enjoy things because you are constantly worrying or stressed? Participants in this group will learn ways to manage stress, emotions, and worries.

Mindfulness techniques and skill-building in regulating emotions, tolerating distress, and being effective in relationships are taught. This focused series of sessions provides participants with the skills needed to handle stress and regulate overwhelming emotions and negative thoughts.

Present Mind for Stress Relief:

Stress and worry can make us feel overwhelmed. Mindfulness is a form of meditation that teaches us how to be present focused. It puts space in-between ourselves and our reactions and can break down conditioned responses to distressing thoughts or stressors. Participants will be led on a four week mindfulness training including guided meditations and the use of apps to promote daily practice.

Put Off Procrastination:

Put Off Procrastination is a small group for undergraduate students who want to learn about procrastination and how to stop it. It is comprised of 4 sessions; each one will build on the previous one(s). You are not required to attend all sessions.

Understanding (Your)Self and Others:

One way to understand more about ourselves is to look at the ways that we interact with others around us. As we look at the relationships that are powerful in our lives...friends, family members, faculty, romantic partners, mentors, employers... we will consider how those relationships offer us "insider information" about ourselves.

Members explore and talk about patterns of relating to self and others with the aim of developing greater understanding and acceptance of themselves and others. Conversation topics may include family dynamics, how early experiences impact current relationships, how to cope with changing levels of emotional closeness with others, initiating conversations, and friendship dynamics. Students who want to resolve specific concerns as well as those seeking personal growth are welcome.

This offers a safe and supportive environment for individuals to get their peers' perspectives on various issues and recognize that you are not the only one. Group members are able to increase self-awareness by exchanging genuine and honest feedback with others.

Transforming Thinking:

Ever feel confused by why you experience negative emotions such as worry or sadness? This group will help participants to recognize the process leading up to these negative emotions and how to intervene early so that you can experience more positive emotions. The theory that guides this group is that your thoughts are responsible for your emotions and behaviors. When you pay attention to your thoughts and consciously change them to reflect a more positive and balanced way of looking at the world, you can change your behaviors and feelings. This group will explore this transformative way of thinking as well as practical self-care strategies over a five week period.