

Counseling & Psychological Services Free Workshop Offerings, Fall 2017

MINDFULNESS MEDITATION: *(Beginning in September) Mondays and Tuesdays, 10:00-11:00 a.m.; Wednesdays and Thursdays, 2:00-3:00 p.m. Please note: Thursdays are practice only, no introduction to mindfulness. Practices will be longer than the other days, about 25 minutes of mindful focusing. Some prior experience is preferred.*

Location: CAPS, 4th floor, IU Health Center

Mindfulness practice reduces anxiety, chronic pain, and negative emotional states. It improves your immune system response, enhances focus, and creates a positive emotional state! Consistent mindfulness practice produces changes in the brain areas responsible for improved emotional regulation.

BODY ESTEEM BOOT CAMP: *Wednesdays, 2:30-4:00 p.m.*

Location: CAPS, 4th floor, IU Health Center

This is a free, drop-in 5-week workshop series designed to help students better understand their relationship with their bodies! Body Esteem Boot Camp is conversation-based and non-threatening. Students are encouraged to attend as many sessions as possible.

- **October 11 | What is Body Esteem?**
- **October 18 | Talking Back to Media**
- **October 25 | Family and Cultural Perceptions**
- **November 1 | Our Relationship with our Thoughts, Feelings, and Body**
- **November 8 | Body Image and Relationships**

MONDAY MOTIVATORS: *Mondays, 4:00-5:00 p.m.*

Location: Wells Library East Tower, Hazelbaker Hall, E159

Drop-in for free workshops to boost your success at IU!

- **September 11 | Think Happy** Research suggests there are specific activities you can do in your day-to-day life to increase feelings of happiness. Join us to learn!
- **September 25, November 13 | Stress Management** If you're feeling overwhelmed, burnt out, or "blah", this workshop is for you. We will help you learn skills to change the way you manage stress and take care of your stressed-out body!
- **October 9, December 4 | Help Me Sleep!** Can't fall asleep? Waking up tired? We can help you sleep better! Improved sleep increases your concentration and balances your mood. We teach you ways to change how you sleep.
- **October 23 | Conquer Procrastination** Procrastinate much? This workshop will provide you with tools to strengthen your academic skills as well as provide tips to better manage your academic experience. From time management to study strategies, we can assist you in finding your path to academic success.
- **November 6 | Self-Compassion & Resilience** Participants will learn about the elements and benefits of self-compassion, and will practice experiencing it.

WEB WEDNESDAYS: *Wednesdays, 4:00 p.m.*

Location: Your computer! To get started, go to iu.zoom.us or download the Zoom cloud meetings app. Enter the ID number: 541-962-473

FREE interactive online workshops to help you adjust to college and be more successful.

- **8/23, 8/30 | Adjusting to IU** Get tips on adjusting to college life while learning how to handle roommate, school, work, or friendship issues.
- **9/6, 9/20, 10/18, 11/1, 11/15, 11/29 | Stress Management** Feeling overwhelmed with life? We can help you destress!
- **9/13, 9/27, 10/25, 11/8 | Time Management and Study Skills** Learn how to study smarter, not harder, and to manage your time so you can still have fun!
- **10/4, 10/11 | Midterm Prep** Stressed out about midterms? Log on for helpful tips on text anxiety, studying, and more!
- **12/6, 12/13 | Finals Prep** Stressed out about finals? Log on for helpful tips on text anxiety, studying, and more!

Visit healthcenter.indiana.edu/counseling and @IUHealthCenter on BeInvolved, Facebook, Twitter, Snapchat, and Instagram for the most current information about our groups and workshops.