

# COUNSELING CENTER

because UW should be challenging, not overwhelming

## MINDFULNESS *for daily living*



*Feeling frazzled from the daily demands of life?*

*Mindfulness meditation is a practice that helps reduce stress, anxiety, and depression by cultivating greater self-awareness and a sense of inner peace.*

Spring Quarter 2018

Every Thursday, 2-2:45pm (no mtg during finals week)

UWCC, 401 Schmitz Hall

Facilitated by Dr. Ron Ma

*Each drop-in class will begin with a brief introduction to mindfulness followed by an experiential guided meditation practice. The intention of the practice is to increase the ability to be present, curb your inner critic, and to create greater mental and emotional space by letting go of the things that have been weighing you down in order to improve your overall well-being.*

*We will be seated on the floor, so feel free to bring a cushion, mat, or anything that would help your practice if you would like. No pre-registration is required, but please arrive on time to not disrupt other students' practice.*

**\*\*Please note that this workshop is *not* professional counseling and you do not need to be an existing client of UWCC to participate. For directions or other questions, please call the UW Counseling Center at (206) 543-1240.**