



COUNSELING & WELLNESS SERVICES

# MINDFULNESS GROUP

**Fridays 10:30am-12pm**

Fascilitated by: Taylor Cosanella & Diana Gonzalez

**INTERESTED IN JOINING? CALL OR STOP BY  
COUNSELING AND WELLNESS (CWS) AT 937-775-  
3407 053 STUDENT UNION**

**What is mindfulness?** Mindfulness is a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations.

**Can be helpful with:**

- Anxiety
- Self-criticism
- Stress
- Depression
- Difficulty Concentrating

**What is it?** A skills based group for learning how to use and practice mindfulness in your every day life.

