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.