

## Why participate in a group when you “don't feel that bad”

This group is designed for college students who are not currently having a crisis. You may have been in counseling before and want to work on ways to stay healthy now. You may have never been in counseling but recognize that sometimes feelings like being overwhelmed or really stressed take the fun out of your college experience, make you less efficient academically, or negatively impact ones interpersonal life.

Reasons to attend this group include:

- You are feeling sad or empty and thinking that you want to address those feelings, even though you don't need counseling
- You have a prior history of depression or related illness and want to do something to help with your health
- You want to address “moodiness” you experience so you can concentrate better and enjoy your college experience
- You want to learn more about how to regulate your emotions and how to use them rather than feeling strong feelings use you
- You are curious about mindfulness and want to learn more about how to be present

## Why Mindfulness?

You may have heard “the past is history, the future is a mystery, and here we are.” Mindfulness helps us to focus on the here and now and to deal with life's problems rather than focusing on what was or what might be.

- Practice techniques designed to make you more aware of your habits and get out of your own way
- Begin to be “present” in your life to more fully appreciate both the good and the not so good things that happen
- Build strategies for taking better care of yourself
- Improve concentration
- Start to live for the “now” while still preparing for the future

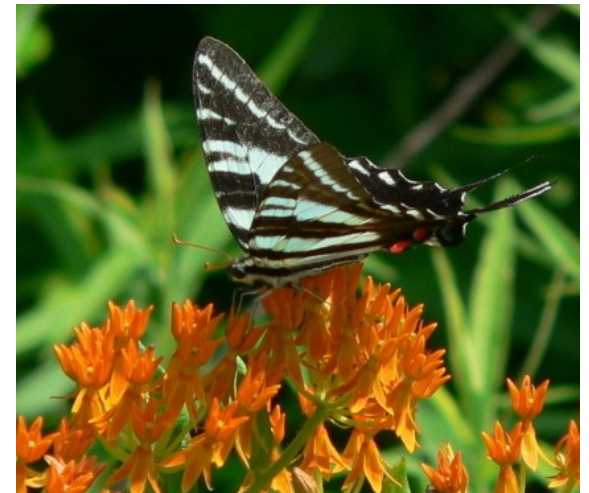


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# MINDFULNESS FOR STRESS AND ANXIETY

A Group for practicing techniques to reduce stress, improve coping, and maximize personal wellness



Mondays from 2:00 until 3:30

4<sup>th</sup> Floor, Younkin Success  
Center

## Did you ever...

Do you get stuck with negative thoughts that you just can't shake out of your mind? Do you sometimes feel like your mind is like a CD that is skipping a lot and you can't really hear the music? This group might help.

## Overview of Mindfulness Group

This group will encourage participants to learn and practice skills that may prove helpful in managing stress, becoming more aware of our circumstances and how they react to pleasant and unpleasant circumstances. Many times people are not aware of their minute to minute experiences and then react from habitual patterns that they learned in their childhood. Cultivating awareness sometimes helps a person to recognize habitual, rote patterns and to choose which coping mechanisms are most helpful.

This program consists of eight sessions, employing both lecture and practice.

**There will be homework** so plan on allocating 30-60 minutes each day for that. You don't flunk by skipping homework, you just won't see benefit. We become good at what we practice.

## Agenda for the sessions

The eight sessions for this group are:

- Week 1 – Automatic Pilot
- Week 2 – Dealing with barriers
- Week 3 – Mindfulness of the Breath
- Week 4 – Staying Present
- Week 5 – Allowing/Letting Be
- Week 6 – Thoughts are not facts
- Week 7 – How can I best take care of myself
- Week 8 – Using what has been learned to deal with future moods.

## What we will be doing

Each session will consist of some lecture and discussion interspersed with practice. We will discuss how to look at your thoughts and what thoughts are good for [and not so good for]. Most of the practice will employ a variety of meditative techniques to help you cultivate awareness of your body and mind.

This is not a group where we will be discussing personal issues. We will be focusing on how each participant is doing with the work and any impediments that occur.

## Be aware/Just Be

Much of the time in college, you are presented with challenges where you are told you don't know enough, you are not smart enough, etc. In this group, you will take time to practice accepting yourself as you are, in this very minute. Sometimes we all need a few minutes when we are completely enough, when we don't have to pass a test to prove that we are worthy.

Ask yourself: "how would I feel if I was good enough, smart enough, and attractive enough right now?"

## Requirements

- Students must not be in a health related crisis. It's OK to be in counseling or not in counseling but this group does not address immediate emergencies you might have.
- CCS requires students to undergo a short, 20 minute intake to apply for services
- Students should be physically able to lay on the floor for up to 30 minutes and to sit in a chair during meditation for up to 30 minutes without significant physical pain.
- Participants must contact the group facilitator for a screening interview.
- In case of a foreseen absence, please let the group facilitator know.
- Missing more than 3 groups will result in dismissal from this quarter's group [you can reapply for next quarter if you wish].
- This group uses meditative techniques to cultivate mindfulness and you must be willing to participate in these activities to benefit from this group.