



Times:

3-4pm Thurs 10/31, 11/7

5-6pm Tues 11/12

Facilitators:

Erin Reese and CAPS staff

Location: GMU CAPS, SUB 1, Rm 3129

**Attend any or all To register go to :
gmumindfulness.eventbrite.com**

Mindfulness Workshops: Stress Less for Increased Success

How could this group help me?

Does it seem like you are always anxious about the future or get stuck dwelling on the past?

Do you ever become overwhelmed by strong emotions?

Do these worries get in the way of relationships or contribute to stress in your life?

The Mindfulness workshops will teach you skills to live in the present moment, increasing your enjoyment in life, by learning ways to cope with stress, deal with relationship challenges, and regulate your emotions.

YOU CAN'T CONTROL THE WAVES, BUT YOU CAN LEARN TO SURF - JON KABAT-ZINN