MINDFULNESS EXERCISE

For anxiety and stress

Monday, September 17, 2018

10:30am-11:15am

Room # 9204

Ravital LaBua

The clinical staff at The Student Counseling Center are well aware of the ongoing and persistent stressors impacting our student population. In response to these cumulative stressors, we are offering several Mindfulness Exercise Sessions during the academic year.

Start this academic year aiming for more life balance!

Mindfulness is a practice of learning to attend to the present moment with more calm and acceptance. It is a systematic way of slowing down, observing one's reactions, and relating to experiences with greater deliberation and compassion. Mindfulness has been shown to enhance well-being by reducing the impact of stress and helping people cope with symptoms of anxiety and depression. In addition, mindfulness can be applied to managing urges and cravings to use substances or other problematic behaviors such as self-injury and over-eating.

You must be a currently registered GC student to attend.

For more information please visit http://cuny.is/wellnesscenter or call 212-817-8731

Stop by the Wellness Center in Room 6422 to sign up!