



Mindfulness Series: Befriending Thoughts, Emotions and the Body

WEDNESDAYS FROM 4-5
UNIVERSITY COUNSELING CENTER

CO-LED BY DR. NATHALIE EDMOND AND DR.
ALEXANDRA ZAPPALA

Session 1: 9/13/23

- Overview of mindfulness (living more in the present moment with curiosity and compassion and less judgment)
- Strategies for supporting a healthy mind and body using healthy mind platter
- Balancing activity and rest

Session 2: 9/20/23

- Befriending your body and nervous system
- Learning how emotions live in our bodies and affect our thoughts, behaviors and relationships
- Strategies for managing vulnerability to anxiety and/or depression

Session 3: 10/4/23

- Befriending our thoughts as they come and go
- Taking ourselves less seriously
- Noticing patterns in the stories we tell ourselves