Need a Few Minutes to Find Calm and Focus?
Check out our Daily Mindfulness Drop-In Sessions!

In these times of uncertainty, many of us feel stressed, overwhelmed, and unfocused. One of the best ways to process your emotions is through meditation. Beginning **March 1, 2021**, the Counseling Center is offering online daily guided activities to help you master mindfulness!

Workshops are from **4:15 to 4:45 p.m** each day.
Zoom meeting ID: 922 2891 7050 (Password: CCMind)
Please note that these workshops are not therapy groups. They are open to all Illinois students and are not confidential. Reflections will be personal and not shared with the group.

Day of Week	Topic
Mindfulness Mondays	Practice guided meditation to increase your mindfulness skills and de-stress.
Intuitive Eating Tuesdays	Start making peace with food by engaging in grounding activities to be more aware in the process of eating.
Body Awareness Wednesdays	Engage in activities designed to help you reconnect to your physical body (grounding, muscle relaxation, and body scan).
Thoughtful Thursdays	Explore the link between your thoughts and actions and use this recognition to be more open to change.
Forget It Fridays	Focus on your breathing, identify potential challenges, and develop breathing skills to help you release anxiety.

Student Affairs
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Counseling Center
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