Drop-In Mindfulness Workshops

Many of us feel stressed, overwhelmed, and uncertain. One of the best ways to process these emotions is through meditation. Beginning **April 20**, we'll be offering online daily guided activities to help you master mindfulness!

**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 present and aware of ourselves in the process of eating.

**Body Awareness Wednesdays:** Engage in activities designed to help you reconnect to your physical body, such as grounding, progressive muscle relaxation, and body scan.

**Thoughtful Thursdays:** Explore your intentions that shape your thoughts, identify the link between actions and thoughts, and use this recognition to open our minds to change.

**Forget-It Fridays:** Explore your breathing pattern, identify potential challenges, and develop basic breathing skills to help you release anxiety.

*Workshops are from 4:15 to 4:45 p.m each day.*

*Zoom Meeting ID: 921 6273 4821*

Please note that these workshops are not therapy groups. They are open to all students at the University of Illinois and are not confidential. Reflections will be personal and not shared with the group.