



The Counseling Center

presents

The Feelin' Good Workshops

DON'T LET YOUR MIND BULLY YOUR BODY

Explore how diet culture and media impact body image and how to develop positive body acceptance while engaging in an expressive arts activity (no art skills required!)

Thursday, February 15th, 6:00 – 7:00 p.m.

Rough Ridge Room (415 Plemmons Student Union)

BUILD YOUR OWN COPING SKILLS TOOLBOX!

Tuesday, February 27th, 12:00 – 1:00 p.m.

Calloway Peak Room (137A Plemmons Student Union)

RE-TRAIN YOUR BRAIN

Optimize your study habits and academic performance by learning quick and powerful skills to improve attention, focus, and concentration.

Thursday, March 15th, 6:00 – 7:00 p.m.

Three Top Mountain Room (169 Plemmons Student Union)

EMOTION COMMOTION

Get to know your emotions and what they are trying to tell you!

Tuesday, March 20th, 2:00 – 3:00 p.m.

Three Top Mountain Room, (169 Plemmons Student Union)

LEARNING TO PRACTICE SELF-COMPASSION

Learn how to provide understanding and kindness toward yourself through building selfkindness skills, understanding common humanity, and developing mindful awareness.

Thursday, April 5th, 5:30 - 6:30 p.m.

Three Top Mountain Room (169 Plemmons Student Union)

DIY MYSTICISM

This workshop will introduce participants to often neglected areas of overlap between psychology and mysticism/spirituality. Learn about nondenominational exercises and constructs which may help us further pursue our deepest values.

Tuesday, April 17th, 5:30 - 6:30 p.m.

Rough Ridge Room (415 Plemmons Student Union)

LET'S GET OUT!

Explore the connection between positive mental health and being outdoors.

Wednesday, April 18th, 5:00 - 7:00 p.m.

Co-facilitated by Heidi Campbell (Counseling Center) and Katie Richards (Outdoor Programs). Will take place at Camp Broadstone, ASU's outdoor classroom just a short distance from campus. Space is limited so reserve your spot early @ campbellha@appstate.edu

Extra credit slips will be made available

For more information contact the Counseling Center, **828-262-3180** or counseling.appstate.edu

