Mindfulness-Based Skills Class for Stress and Anxiety

Tuesday, February 3, 10, 17, 24 from 3:30 – 5:00 pm; Discovery Hall, Room 464

Feel stressed and anxious? Is the stress or anxiety you feel negatively affecting your week? You are not alone. Join other students to learn how to effectively manage these feelings. Students will learn about the brain-body connection, recognize and change self-defeating thoughts, increase positive experiences during the week, and find additional ways to effectively manage stress and anxiety.

You must pre-register for this class to guarantee a spot. Please call the Counseling Center at 425-352-3183 to register for the class. The receptionist will need your name, phone number and student ID. You will receive an email verifying your registration. Deadline for registration is Friday, January 30th.