

Exploring WELLNESS @ Cornell

*Learn how to manage stress more effectively and THRIVE (not just survive)
at Cornell and beyond...*

Spring 2018: Mondays & Tuesdays, 5:15 – 6:30pm

Module 1: Live Well by Being Here Now

Learn about mindfulness for increasing ability to focus & managing stress/emotions.

Mondays: 2/12/18, 3/26/18, 5/14/18; Tuesdays: 2/6/18, 3/13/18, 4/17/18, 5/22/18

Module 2: Live Well by Working With Your Inner Critic

Learn to befriend your inner critic & increase the likelihood of feeling more confident & being more productive.

Mondays: 2/19/18, 4/9/18; Tuesdays: 2/13/18, 3/20/18, 4/24/18

Module 3: Live Well by Thinking Helpful Thoughts

What we think affects how we act & feel. Learn how to think helpful thoughts that can change your mood & behavior.

Mondays: 2/26/18, 4/16/18; Tuesdays: 2/20/18, 3/27/18, 5/1/18

Module 4: Live Well by Changing What You Need to Change

We all know that we need to practice self-care to live well... so what gets in the way? Learn tools for how to succeed at changes (based on 30 years of scientific research).

Mondays: 3/12/18, 4/23/18; Tuesdays: 2/27/18, 4/3/18, 5/8/18

Module 5-Live Well by Facing Tough Social Interactions

Learn strategies for balancing your own priorities with the demands of others while maintaining your self-respect & healthy relationships...See how mindfulness could help during challenging interactions.

Mondays: 3/19/18, 5/7/18; Tuesdays: 3/6/18, 4/10/18, 5/15/18

about the group

The group consists of a series of five modules. Although completion of the whole series is recommended, students can attend any module they wish (in any order) & on any date they choose.

contact

To see if this group is a strong fit for you, please schedule a 30-minute meeting with the facilitator, Dr. Ginger Villareal Armas (she/her/hers) by calling 607-255-5155.



Facilitator:

Ginger Villareal, Armas, PhD
Psychologist
Cornell Health

