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

Learn more about groups provided by Counseling & Psychological Services: health.cornell.edu/GROUPS