



## Mindfulness Group

**Start your day in the present moment.**

This is a drop-in group. You can start any time after the first session.

SIU Carbondale Clinical Center – Wham 141

Begins January 24, 2018

Have you been:

- Unable to stay focused on the present?
- Dwelling on regrets of the past or feeling anxiety about the future?
- Finding yourself overwhelmed with distracting or irrelevant thoughts?
- Trying to do too many things at once, but feeling unable to focus?

This group offers:

- Education on mindfulness utility.
- A variety of mindfulness based techniques.
- Help improving awareness and acceptance of the present.
- Strategies for incorporation of mindfulness practice in life.

**If you are interested in this group, contact Amber Drake at  
618/453-2361 or [amber.drake@siu.edu](mailto:amber.drake@siu.edu)**

**Individuals with disabilities are welcome.  
Call 618/453-5738 to request accommodations.**