



MINDFULNESS MEDITATION

ONLINE DROP-IN WORKSHOP

- **Tuesdays, 11am-12pm**

A workshop that focuses on practicing multiple skills to reduce anxiety and focus on staying grounded. This series will allow participants to practice the following skills: Mindful Breathing, Progressive Muscle Relaxation, Body Scans, and 5-Senses grounding techniques.

Join us at: bit.ly/MeditateTue11AM

For reasonable accommodation please contact Josephine Chu at 813-974-2831.



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