

Mindfulness Counseling Services

Please note these are only for MTSU students. Workshops are held Wednesdays from 11:00am to 12:00pm - Location: KUC 322

Learn how mindfulness can help:

Boost thinking and concentration

Improve relationships

Better manage difficult emotions

Reduce stress

Find joy in everyday life

Sep 13th- Mindfulness: What is it, why should I learn about it?

Sep 20th- Meditation and Mindfulness

Sep 27th- Mindfulness Exercises For Everyday Life

Oct 4th-Mindfulness Meditation Workshop

Oct 25th- Mindfulness Meditation Practice

Nov 1st- Mindfulness Meditation Practice

PLEASE NOTE: These workshops are psycho-educational. They should not be considered treatment or a substitute for treatment of any mental/psychiatric conditions.

If you have any questions, please contact Blake.Rowlett@mtsu.edu

CRISIS LINE: 988

1-800-273-TALK (1-800-273-8255)