

# TAMING STRESS

A FREE Workshop for Learning to Cope  
with Stress, Anxiety, & Depression

Tuesdays 1pm - 2pm

Thursdays 4pm - 5pm

Join our 4-week workshop to learn mindfulness,  
emotional regulation, & adaptive thinking skills to  
cope with these difficult times.

***SEE INFORMATION ABOUT CONTENT BELOW***

**UCC Skills Workshops  
&  
Mindfulness Programs**

**STUDENT SERVICES BUILDING, RM. 344  
UNIVERSITY COUNSELING CENTER  
PHONE: (801) 581-6826**



## Taming Stress Workshop Overview & Content

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**Workshop Description:** Taming Stress is a four-week experiential workshop offered by the University Counseling Center that focuses on teaching students ways of understanding their experiences of stress and distress. It provides participants with psycho-educational information, skill-building, group discussion, and experiential exercises to learn skills for emotional regulation and mindfulness, and to develop healthier, more effective ways of coping with stress and difficult emotions.

### Module 1: Introduction to Mindfulness and Models for Understanding Experience

- Holistic Model for understanding our experiences – Thoughts, Body Reactions, Feelings, and Behavior
- Introduction to Mindfulness
- Experiential Learning: Mindful STOP, Grounding and Diaphragmatic Breathing

### Module 2: Responding Versus Reacting to Stress, Crisis Coping Strategies

- The Window of Tolerance
- Crisis Coping Strategies
- Experiential Learning: Mindful Body Scan, Grounding through Re-Orientation

### Module 3: Understanding and Managing Emotions

- Understanding Emotions, Examining our Relationship with Them (moving toward Radical Acceptance)
- Strategies for Self-Soothing
- Experiential Learning: Progressive Muscle Relaxation, Holding Unpleasant Emotion

### Module 4: Mindful Engagement with Thinking

- Examining our Habitual Engagement with Our Thoughts, Disrupting Automaticity
- Mindfulness in Everyday Life
- Experiential Learning: Leaves on a Stream – Cognitive Defusion practice

