

U&Counselling. A four week lunchtime series with Helena Ahern, head of Counselling and Personal Development Service.

Mindfulness Based Stress Reduction

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| Session 1 | Learn how to Live more in the Present | Wed 4th Oct 17 |
| Session 2 | Learn how to Manage Worry and Challenging Emotions | Wed 11th Oct 17 |
| Session 3 | Learn how to Respond rather than React to Stress | Wed 18th Oct 17 |
| Session 4 | Learn Self Care, a core resource to Resilience | Wed 25th Oct 17 |

We advise where possible to attend all 4 sessions, each session builds on the previous one. A certificate of attendance will be issued to participants who wish to attend all 4 sessions.

When: 1 - 2pm each Wednesday
Where: Room B103 tbc
St Patrick's Campus
Free

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