

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

Mindfulness Based Stress Reduction

Session 1 Learn how to Live more in the Present **Wed 14th Feb 18**

Session 2 Learn how to Manage Worry and Challenging Emotions **Wed 21st Feb 18**

Session 3 Learn how to Respond rather than React to Stress **Wed 28th Feb 18**

Session 4 Learn Self Care, a core resource to Resilience **Wed 7th Mar 18**

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 CG12
Glasnevin Campus
Free

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