

Connecticut College Student Counseling Services

Foundations in Mindfulness: 8 week remote drop-in series

*Each week students will learn about
and practice basic mindfulness
techniques as well as explore a range
of mindfulness topics including:*

- *Coping with COVID-19*
- *Mindful & Healthy Eating*
- *Nourishing Healthy Sleep*
- *Mindful Athletic Performance*
- *Relaxation & Calming Techniques*
- *Mindful Test-Taking & Studying*
- *Making Time for Self-Care*
- *Coping with Stress & Fear*

**TUESDAYS 2PM TO 3PM
FEBRUARY 23 TO APRIL 13
NO ON-GOING COMMITMENT
REQUIRED; DROP-INS ARE WELCOME**

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