

Counseling and Psychological Services

Mindful Hour

Virtual Summer 2021 | Thursdays 12:00-1:00 PM

This drop-in group is a great fit for students who want to learn skills to reduce their anxiety and increase their capacity for acceptance via mindfulness and breathing techniques. Each group session will focus on a specific skill to better manage anxiety/stress. Should you need accommodations, please contact counsel@gwu.edu.

Join via Webex with Password: CAPS

6/17 | Introduction to Mindfulness

6/24 | Stress & Anxiety: Overview

7/1 | Mindfulness & Sleep

7/8 | Stress & Anxiety: Mindful Nutrition

7/15 | Stress & Anxiety: Mindful Exercise

7/22 | Muscle Tension vs. Muscle Relaxation

COUNSELING AND PSYCHOLOGICAL SERVICES

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