



 STUDENT COUNSELING

MINDFULNESS FOR STRESS & ANXIETY

A weekly skills group for anyone who experiences anxiety, stress, or would like to learn how to use mindfulness and meditation to improve their overall mental health, based on Mindfulness-Based Stress Reduction (MBSR).

**Tuesdays from 3 -4 pm EST
In-Person at the SCC**

To join the mindfulness group, contact the Student Counseling Center for a brief assessment:

865-974-2196

counselingcenter@utk.edu

