

Fall 2024

BUILDING MASTERY

- ***Unsure of how to respond to your emotions?***
- ***Feeling stressed with decision making?***

This skills group will help navigate these challenges and build confidence to address them.

Over 10 weeks, members of the group will learn and develop skills in areas of:

- ***Mindfulness***
 - *Ways to guide yourself when having conflicting thoughts.*
- ***Emotion Regulation***
 - *Decrease vulnerability to undesirable urges.*
- ***Distress Tolerance***
 - *Contain your stress and still achieve what is important to you!*

Wednesdays at 2 p.m.



Center for Counseling & Psychological Services

Contact Jeff Best at best.j@wustl.edu to register