



Free  
Mindfulness  
Exercises!!!

Feeling anxious?

Overwhelmed?

Can't focus?

# Come Join Us For A Moment of Mindfulness

**FREE** MINDFULNESS EXERCISES FOR STUDENTS  
WHO WOULD LIKE TO:  
REDUCE ANXIETY & STRESS  
DECREASE SELF-CRITICISM & PERFECTIONISM  
IMPROVE FOCUS & INCREASE SELF-COMPASSION  
NURTURE KINDNESS INSTINCTS, AUTHENTICITY, & INNER PEACE

Every Wednesday

12-1:00 pm

Located at 232 English/Counseling Svcs Bldg

Facilitated by Eugene Kogosov, M.A.  
& Sochanvimean Vannavuth, Ph.D.

These exercises are not professional counseling. If you would like professional counseling, please call the central office at 785-532-6927 or visit Counseling Services.



## Weekly Topics Covered:

- 2/07/18: Mindful Breathing
- 02/14/18: Love and Kindness
- 2/21/18: Mindful Eating
- 2/28/18: Self-Compassion
- 3/07/18: Mindful Walking
- 03/14/18: Love and Kindness
- 03/21/18: Peaceful Sounds
- 03/28/18: Self-Compassion
- 04/04/18: Compassionate Body-Scan
- 04/11/18: Affectionate Breathing
- 04/18/18: Interpersonal Mindfulness
- 04/25/18: Visiting Old Friends
- 05/02/18: Silent Mindfulness
- 05/09/18: Silent Mindfulness

\*All topics are subject to change