



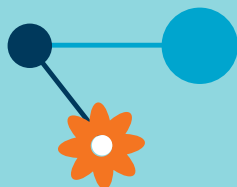
Fall '19

# MINDFULNESS *menu*

bucknell.edu/CounselingCenter • 570-577-1604



## CONNECTING *and* CREATING



### THERAPY DOGS • Mondays - 6-8 p.m.

Relax and have fun with new furry friends.

September 9

October 7

November 4

December 9

Outside Bertrand Library Front Entrance during September, October and November. Inside Bertrand Library Lobby during December or in case of inclement weather.

## 7TH STREET STUDIO & MAKERSPACE *Mindfulness* PROJECTS

### MASON JARS & ICED TEA

Friday, September 6, 7:30-9:30 p.m.

Students can refresh this fall by creating their own reusable mason jar which they can then get filled with a glass of iced tea or lemonade from 7th Street Cafe.

### CALENDAR ORGANIZER

Thursday, September 19, 7:30-9:30 p.m.

Collage your very own dry erase calendar to help you keep organized this semester and throughout college!

### NATURE POTTERY 7:30-9:30 p.m.

Students attend a 3 part nature pottery class where they work with clay to create functional or abstract pieces of nature pottery art.

Part 1: Thursday, October 17

Part 2: Friday, October 18

Part 3: Friday, October 25

### DIY SOAP

Thursday, September 19, 7:30-9:30 p.m.

Save your money and learn how to create your own custom soaps to either use or gift! There will be a wide range of soap types, scents and colors available!

## BUILDING *a better* PRACTICE



### YOGA FOR MENTAL WELLNESS\*\*\*

Mondays throughout the Fall 2019 semester at 6 p.m.

KLARC Dance Studio

Yoga is an especially helpful activity for returning your body and mind balance when experiencing stress and difficult circumstances.

\*\*\*In order to ensure your space in the class, sign up using the IMLeagues App.

### ZEN MEDITATION AND QIGONG

Rooke Meditation Chapel

#### ZEN MEDITATION

Tuesdays throughout the Fall 2019 semester from 4-5 p.m.

Meditation can be a valuable means to de-stress, free the mind from self-doubt, release fears, and reduce anxiety and depressive symptoms. It can also help generate optimism, self-esteem, confidence, and motivation. No beliefs necessary.

#### QIGONG

Thursdays throughout the Fall 2019 semester from 4-5 p.m.

Heal your mind and your body through the practice of Qigong. An ancient Chinese system of physical exercises and breathing control, Qigong can help clear the body and mind, open energy channels within the body, build energy and improve physical condition.



#### Sponsored by:

Counseling & Student Development Center

Religious & Spiritual Life

Recreation Services

7th Street Studio & MakerSpace