

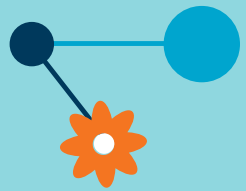


MINDFULNESS menu

CREATING COMMUNITY *and* BECOMING MORE PRESENT

bucknell.edu/CounselingCenter • 570-577-1604

CONNECTING *and* CREATING



THERAPY DOGS • Mondays - 6-8 p.m.

Relax and have fun with new furry friends.

January 27 March 23
February 17 April 20



Inside Bertrand Library Lobby during January and February or in case of inclement weather. Outside Bertrand Library Front Entrance during March and April.

Self-Care SATURDAYS

Celebrate the importance of personal wellness with *Self-Care Saturdays*! Each week join 7th Street Studio & MakerSpace in conjunction with the Counseling & Student Development Center as we host a series of different DIY Activities. The activities will take place between 7-9pm every Saturday and the first 50 attendees each week will receive a Free Drink Coupon to 7th Street Cafe. Stop by each week of the semester for a fun, different activity!

SCHEDULE OF ACTIVITIES:**

- DIY Soap Making: Jan. 18**
- DIY Planners: Jan. 25**
- DIY Chapsticks: Feb. 1**
- DIY Air Freshener: Feb. 8**
- DIY Mosaic Mirrors: Feb. 15**
- DIY Paint Pours: Feb. 22**
- DIY Lotion: March 21**
- DIY Body Scrubs: March 28**
- DIY Eye Masks: April 4**
- DIY Silly Putty: April 18**



BUILDING *a better* PRACTICE



ZEN MEDITATION AND QIGONG

Rooke Meditation Chapel

ZEN MEDITATION

Tuesdays @ 4:15-5:15 p.m. starting February 4 and running through the Spring 2020 semester.

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. Come participate in guided Zen Meditation.

QIGONG

Thursdays @ Noon-1 p.m. starting February 13 and running through the Spring 2020 semester.

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.

JEWISH MEDITATION

Traditional Reading Room
2nd Floor of the Bertrand Library

Mondays @ 12:10-12:30 p.m. starting February 3 and running through the Spring 2020 semester.

Rooted in Jewish wisdom and accessible to anyone, Jewish Meditation offers all the mental health benefits of secular mindfulness techniques, blessing practices and visualizations. Great way to start the week! No prior knowledge needed, and all are welcome.



Sponsored by:

Counseling & Student Development Center
Religious & Spiritual Life
7th Street Studio & MakerSpace

**There will be no *Self-Care Saturday* Events Scheduled Feb 29, March 7, March 14 or April 11.