

WORKSHOP REQUEST FORM

Name

E-mail

Phone Number

Please let us know which workshop(s) you are interested in and date(s)/time(s)/location(s) most convenient:

* Check all that apply:

- Melting into the Floor
- Magic Carpet Ride into the Future
- Get Your Laugh On
- Making Time for Stillness
- Using Calming Scents
- Other _____

Dates/Times Requested:

Location:

Please bring this registration form to:

The Counseling Center (BH 105)

Or register online

by e-mailing your selections to:

federics@canisius.edu

The Counseling Center understands the inherent stress of being a student in today's world and the importance of providing our students with effective ways to manage their day to day stress.

To this end, we believe that the Slow Down Series will provide our students with a viable option for achieving their stress management goals in a format that is fun, relaxing and beneficial.

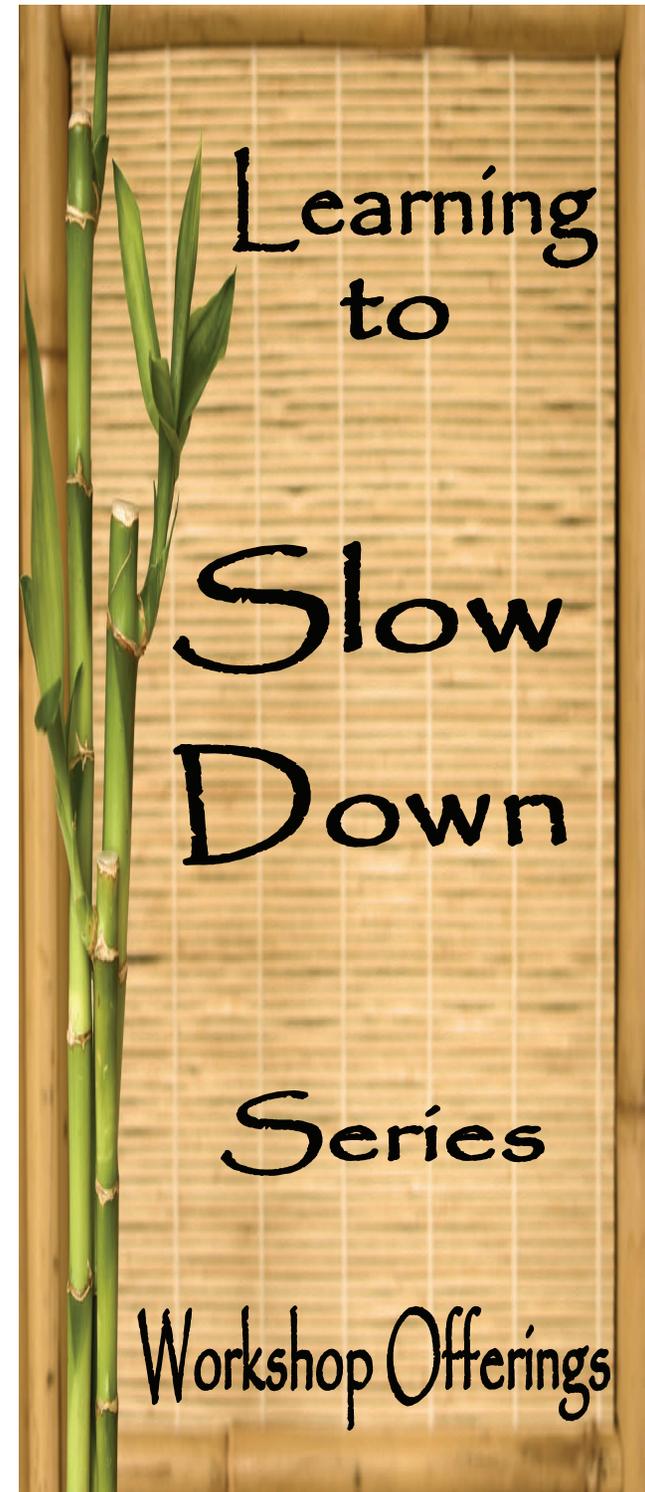


Canisius College Counseling Center

Bosch Hall, Room 105

(716) 888-2620

On the web at: www.canisius.edu/counseling



About the Series

The "Learning to Slow Down Series" workshops are offered through the Canisius College Counseling Center and are designed to teach students effective and practical skills for managing stress and anxiety in their daily lives.

What makes this series of workshops unique and beneficial for students is its experiential, skills-based approach. Participants will learn how to better manage stress by "doing", rather than through a more passive, lecturing type of format.

The workshops can be presented individually, as a series, or customized to meet a group's specific needs. All that is required is a quiet, open space, a **minimum of 5 people**, and about 45 minutes to an hour of time for each workshop.

To schedule one or more of the workshops for a class, group, or club, please fill out and return the request form located on the back of this brochure. You may also call the Counseling Center at x. 2620 for more information on this series.



Workshops



Melting into the Floor

Learn to combat stress with some simple, yet powerful progressive relaxation techniques.

This hands-on experience will give new meaning to the word "relaxation" and will leave you feeling refreshed!

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Magic Carpet Ride into the Future

(and other guided visualizations)

Leave your baggage behind and use your mind to guide your success, confidence, and well-being through the use of images and reflective meditation.

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Get Your Laugh On

Learn how to use laughter to promote health and happiness through simulated laughing exercises that are fun and playful. Among many benefits, laughter has been found to reduce stress, strengthen our immune system, enhance romance, and inspire creativity. Come see what the laughing is all about!

Making Time for Stillness

Being "mindful" means being fully aware of the present moment without judging, reflecting, or thinking. Learning to be mindful can help you manage the stresses of everyday living and focus your mind. Experiencing the stillness of the here and now never felt so good!

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Using Calming Scents

Smell is the most powerful of our senses! Learn about using essential fragrances (like lavender) effectively and safely to de-stress, soothe the mind and promote deep relaxation. You'll feel and smell a new-found sense of tranquility.



Other workshop options:

- ◇ Candle Flame Focus
- ◇ Meditation made Easy