

# CAPS DROP-IN WORKSHOPS

Visit <https://counseling.fsu.edu/outreach-and-presentations/highlighted-trainings-and-events> for details.



The Resilient Mind is a series workshop comprised of various topics focusing on happiness and resilience. These courses provide students information and skills on how to use what is presented in the workshops to help manage emotions and increase resiliency.



Mindful Meditation is a 30-minute drop-in session where you will spend part of the time discussing the benefits and importance of meditation and how to incorporate meditation in your life. The discussion is followed by a short meditation practice. No meditation or mindfulness experience required, only curiosity!



Drop by the 30-minute Mindful Studio for brief activities designed to refresh, enlighten, build insight, and open your mind to the gifts of the present moment. No meditation or mindfulness experience required, only curiosity!



Self-Esteem is a workshop to learn skills, tools, and resources to increase your self-esteem. There will be a skill-building activity during the presentation.



Real Talk Conquering Anxiety. Learn skills and tools to understand why you are feeling the way you are feeling and different ways to manage anxiety.



Real Talk Overcoming Depression. Learn skills and tools to understand why you are feeling the way you are feeling and different ways to manage depression.