Do you work with stressed out students?

Does stress management relate to your curriculum?

Do you think your students could benefit from tools to cope with stress?

Is your department feeling a lot of pressure?

Would you like to avoid canceling a class session?

If you answered **Yes** to any of the questions, then **Counseling Services** has an offer for you!

A Counseling Services clinician will come to your class or department and present a 1-2 hour training on MBSR. Participants will learn techniques to cope with stress and develop skills to improve resilience.

Mindfulness on the Road is an outreach program based on Mindfulness Based Stress Reduction (MBSR)

MBSR is a well studied and researched protocol for coping with stress. It has been used effectively in treatment of anxiety, depression, trauma, chronic pain, and substance use disorders.

This is a great opportunity for students learning to cope with stress related to college.

If you are interested, please contact Casey Kohl, LCSW at ckohl@unr.edu