



FREE WORKSHOP

ALL UW STUDENTS ARE ELIGIBLE

MINDFULNESS FOR SELF-COMPASSION

From motivation level to stress management, your relationship with yourself has a huge impact on your well-being. Learn to be kinder to yourself and shift into a growth mindset with self-compassion.



FACILITATED BY:
ANNE SWENSON
MANDY LU

LOCATION: ONLINE VIA SECURED ZOOM

• TUESDAY •

April 6th
3:30 PM - 4:20 PM

• TUESDAY •

April 27th
3:30 PM - 4:20 PM

TO REGISTER EMAIL: COUNSELS@UW.EDU



FREE WORKSHOP

ALL UW STUDENTS ARE ELIGIBLE

SELF-COMPASSION THROUGH CONNECTION

All humans suffer and struggle with feelings of inadequacy at times. Connect with the compassion we easily offer others by learning ways in which our failings connect us with each other.



FACILITATED BY:
ANNE SWENSON
MANDY LU

LOCATION: ONLINE VIA SECURED ZOOM

• TUESDAY •

April 13th

3:30 PM - 4:20 PM

• TUESDAY •

May 4th

3:30 PM - 4:20 PM

TO REGISTER EMAIL: COUNSELS@UW.EDU