Counselling Services Wellness Skills Series

The Counselling Services Wellness Skills Programme is a series of time limited, often single session workshops to facilitate wellness and stress management. Sign up at http://www.queensu.ca/hcds/workshops/index.php or you can register by calling the Counselling Service at 613-533-6000 ext. 78264 between 9:00 am – 5:00 pm.

Self-Compassion We may know at the intellectual level, that we are worthy of love and acceptance. Why then, is it so hard to feel this love for ourselves? Why are we able to be kind to our friends when they mess up but cannot do the same for ourselves? This single session workshop will introduce the practice of self-compassion and give you some tools to strengthen a kinder, gentler climate within. Not only does this make life easier, but studies have also shown that it can make you more successful at the goals that are important to you!  

Wednesday, October 8, 2014, 3:30 to 5 pm.

Stress Management Manage stress before stress manages you! Using a highly effective cognitive behavioural approach, learn how to identify, reduce, and cope with stress. In this single session workshop, we will take a look at what stress is and share tools and techniques that you can start using now, to manage stresses both big and small.

Wednesday, October 15, 2014, 3:30 to 5 pm.

Hello Sleep, Goodnight Insomnia! Sleep is essential to our health! This workshop will share strategies to improve the quality and efficiency of your sleep. Learn new strategies that not only improve sleep but also reduce stress.

Wednesday, October 22, 2014, 3:30 to 5 pm.

Relationship Skills Developing personal relationships, both friendships and intimate relationships, is an essential part of life. Relationships are dynamic, and it is important not only to build healthy relationships, but also to continue to revisit the status of our current relationships. This single session workshop will focus on various types of relationships, offer suggestions for assessing the nature of relationships, and conclude with a discussion about different types of healthy relationships.

Wednesday, October 29, 2014, 3:30 to 5 pm.

Money Talks! Are you managing your money in a way that has integrity for you and supports you in having financial health for the long term? Chaplain Kate Johnson will take you through the basics of budgeting to minimize student debt and maximize your prospects for the future. Kate will use the workshop to encourage you to make financial decisions that reflect your own personal values and priorities as well as set you up for a brighter future.

Tuesday, November 4, 2014

Managing Anxiety and Worry Do you tend to get overwhelmed by academic pressures and other stressful circumstances? This single session workshop is designed to provide students the opportunity to learn practical skills to manage their anxiety and worrying.

Wednesday, November 5, 2014, 3:30 to 5 pm.

Positive Psychology in Everyday Life Positive Psychology in Everyday Life is an experiential workshop designed to assist you in creating a flourishing life both personally and academically. It focuses on the core concepts of Positive Psychology and the idea that wellness is not just the absence of illness, but the presence of fulfillment and happiness. In this single session, you will learn how to incorporate positive psychology into your day and to enhance well-being, resilience and optimal functioning.

Tuesday, November 11, 2014, 4 to 5:30 pm.

Public Speaking Anxiety Public speaking (presentations, speaking in class) is a common concern for students. In this single session workshop, you will learn some tips and strategies to deal with concerns about speaking in class.

Wednesday, November 12, 2014, 3:30 to 5 pm.

Mindfulness for Wellness This single session workshop will introduce you to “Mindfulness” which has long been recognised as a powerful way of achieving and maintaining wellness. Mindfulness-based techniques are effective for coping with difficulties and improving the overall quality of your day to day life. Learn some basic ways of being in the present moment and regulating your mood.

Wednesday, November 19, 2014, 3:30 to 5 pm.

Keep It Simple Life Skills - Queen’s  
--Pre-registration is Required --

This six session group is for those who have difficulty tolerating emotional distress, managing and coping with emotions, and dealing effectively with interpersonal situations. Participants will learn Mindfulness based skills for emotional regulation. Begins on Thursday October 16, 2014, 4 to 5:30 pm for six weeks.