

Meditation Practices for Challenging Times Group

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We are living in difficult times. The threat of the COVID-19 virus, and adjustments to manage it, have left many feeling anxious, distressed, sad, and lonely. Counseling Services is offering a Meditation for Challenging Times group for undergraduate Duquesne University students during this difficult period. The leaders of the group will teach practices to help you become more mindful of difficult feelings, thoughts, and bodily sensations in hopes of not becoming overwhelmed by them. The group also gives you a chance to experience a sense of community with the group leaders and fellow undergraduate students. The following are some of the skills that may be taught: mindfulness of breath and body; recognizing and accepting our thoughts, emotions, and sensations; self-compassion; and gratitude.

The Meditation for Challenging Times will use Zoom Meetings. The group will be held on Wednesdays at 2:00, starting on April 8th, and is an open group in that you can participate in meetings when you are able. If interested, send an email to Dr. T.J. Smith expressing your interest in the group (smith721@duq.edu), and he will then send you an email with the Zoom link for group meetings. To note, the meditation group is not a psychotherapy group, and so please refer to Counseling Center's Covid-19 Announcements and Updates Page for instructions about inquiries for psychotherapy. Our hope is that the group will provide a community of learning about meditation practices that may help you with experiences of suffering during these challenging times.