BEAT YOUR FUNK

Wednesdays from 3pm – 4pm in Delzell Room 103

Are you feeling overwhelmed by academic and other life pressures?  This group is for students who want to decrease unnecessary stress to feel less overwhelmed, sad, or out-of-sorts with their feelings.  Participants will learn and refine concrete skills in a structured group environment that alter their behavioral, emotional, and thinking patterns associated with ongoing worry, anxiety, and depression.

Beat Your Funk! is a skill-based workshop developed to assist students in implementing concepts and strategies that improve wellbeing and mental health. The workshop is *not* therapy. While activities and discussions will focus on altering students’ current sticking points in managing their mental health, the disclosures, participation, and presented material will not adhere to the standards consistent to therapeutic services at the Counseling Center (for example, confidentiality). Beat Your Funk will operate like a small discussion series rather than what is considered as traditional therapy.

For some students, Beat Your Funk will provide adequate materials, activities, and discussions to meet their mental health needs. Other students, however, might need additional support beyond what Beat Your Funk can provide – mainly, ongoing therapy. Referral for ongoing therapy is not provided as part of Beat Your Funk! If you decide to initiate therapy at any time during Beat Your Funk, please call the Counseling Center at 715-346-3553 to schedule an appointment. Assessing student risk and issues concerning suicide are outside the scope of Beat Your Funk. Ongoing therapy is the appropriate fit to manage these serious issues. If at any time during the course of Beat Your Funk you develop thoughts of suicide and/or become worried about your safety, call the Counseling Center immediately to schedule an appointment with a therapist.

Beat Your Funk is comprised of five independent, but connected modules. Each module is geared toward a common mental health stumbling block where students frequently experience difficulty. While students are welcome attend for just one or two weeks, the most effective use of this workshop is committing to five weeks in a row because each module addresses different strategies. You also do not have to be a Counseling Center client to attend this workshop. No notification that you plan on attending is required either – just show up at the scheduled time.

**Anxiety Management:** Gain a better understanding of the role that anxiety plays in your life by learning to identify what anxiety looks like and the purpose it serves. Determine possible explanations for your anxiety. Learn strategies and tools to manage times when anxiety keeps you from feeling satisfied and successful.

**Thought Traps:** Our brains our endlessly thinking – even when we don’t realize it. The thoughts we are unaware of can have a huge impact on how we feel and the way we make sense of our experiences. Sometimes, the shortcuts our brains make to crunch all the data it receives keeps us stuck in unhappiness. This module will focus on identifying your brain’s shortcuts, learning if you are getting caught in traps of thinking, and how to change to those thought traps to feel more satisfied with your experiences.

**Self-Compassion and Strengths:** Rather than working so hard to overcome our weaknesses, what would happen if we used our energy to make our strengths even stronger? Often times, we might not even realize certain strengths that we have. Identify your strengths, figure out how to make them stronger to make you more successful in your endeavors, and figure out how to take kinder approach to coping with mistakes and failures.

*The measures to assess your strengths and self-kindness are only available online. It is not feasible in terms of time and technology to have students complete these measures during the Beat Your Funk module. Please complete these measures on your own time, print off the results, and bring them to meeting.*

<http://self-compassion.org/test-how-self-compassionate-you-are/>

 \*approx. 10 minutes to complete

<http://freestrengthstest.workuno.com/free-strengths-test.html>

 \*requires an email and password

 \*approx. 30 minutes to complete

<https://www.viacharacter.org/survey/account/register>

 \*requires registration for login

 \*approx. 30 minutes to complete

**Managing Feelings:** Experiencing feelings is a part of life – a natural and inevitable reaction to our circumstances. However, in times of difficulty, people can easily feel overwhelmed by the intensity and duration of their feelings. This module addresses how to manage intense and painful feelings so they do not become overwhelming or interfering with one’s ability to meet their daily responsibilities.

**Coping Through Crisis:** Crisis is also a part of life; it’s unavoidable. Sometimes very difficult circumstances happen that are out of our control and we get trapped in the panic and uncertainty that these unavoidable circumstances bring. But, while these external circumstances might be out of our control, the way that we cope with our feelings and reactions is not. This module will provide concrete strategies to contain the blowback that these crises bring into your life.

The five independent modules will cycle through the semester. Please use this link to view Beat Your Funk’s semester **calendar**. This is especially important for first-time attendees; you will need to know if the Self-Compassion and Strengths session is scheduled for that week so you can complete the measures before attending.