

# Mindfulness Skills Series

Wednesdays 3:30-4:20pm  
Bengal Hall 3rd floor computer lab  
Open to all experience levels

**Learn and practice a new mindfulness skill each week.**

**Learn how to:**

- **Manage stress and anxiety from within**
- **Reground and reset in the present moment**
- **Recognize and process difficult emotions**
- **Improve your focus and memory**
- **Listen and learn more effectively**
- **Settle your mind to access your wisdom and talent**
- **Access your own internal resources to better navigate change and uncertainty**



**Drop in for any session, then weekly attendance is encouraged to learn and practice the interconnected skills. RSVP on Bengal Connect, scan the QR code above, or email [counselingcenter@buffalostate.edu](mailto:counselingcenter@buffalostate.edu) with any questions.**



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