

MTSU Counseling Services

# The Power of Perception

- Learn about the placebo effect and how it affects our lives.
- Identify if you are a pessimist or an optimist.
- Increase self-awareness and compassion towards self & others.
- Create distance from your unhelpful, critical thoughts.
- Identify what you want and ways to attain what you want.
- Meditate for self-awareness, compassion, & goal achievement.



**When:** Thursdays, Oct. 3-Nov 7

**TIME:** 3:00-4:00PM

**Location:** Zoom

If you have any questions, please contact Melanie Magliacano at [melanie.magliacano@mtsu.edu](mailto:melanie.magliacano@mtsu.edu).

PLEASE NOTE: These workshops are psycho-educational. They should not be considered treatment or a substitute for treatment of any mental/psychiatric conditions.

CRISIS LINE: 988  
1-800-273-TALK (1-800-273-8255)