ONLINE Stress Less with Mindfulness

Lunch and Learn Series
October 5, 6, 7, 8, 9
12—1 pm via Zoom

Stress Less With Mindfulness introduces participants to the experience and practice of mindfulness, with a goal of reducing stress. Mindfulness can be defined as paying attention in a particular way; on purpose, in the present moment and non-judgmentally. Research has shown that practicing mindfulness is effective in reducing stress-related symptoms such as worry, depression and physical tension, and may be helpful in managing chronic conditions.

Stress Less with Mindfulness teaches and encourages the use of mindfulness self-care skills to help one feel better and enjoy life more. The program covers mindful breathing, mindful eating, physical processes in the brain and body and mindful laughter.

Stress Less with Mindfulness is a program authored by West Virginia Extension.

This series will be available over Zoom. Instructions on Zoom software and setup will be sent in the confirmation email.

October 5 Lesson 1 – Begin with a Breath
October 6 Lesson 2 – Mindful Eating
October 7 Lesson 3 – Mindful Walking and Thought Surfing
October 8 Lesson 4 – Be Kind to Your Mind
October 9 Lesson 5 – Laughter is the Best Medicine

This is a free class.

This is a live class using Zoom and will not be recorded.
To register for this class you can go online at:
https://events.anr.msu.edu/SLWMonlineOct2020/

If you have questions or would like more detail, please contact Shannon Lindquist at lindqui8@msu.edu

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