



ONLINE Stress Less with Mindfulness Lunch & Learn Series

January 11-15, 2021
Daily, Monday through Friday
12 - 1p.m.
Online 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.

Monday, Jan. 11th	Lesson 1 – Begin with a Breath
Tuesday, Jan. 12th	Lesson 2 – Mindful Eating
Wednesday, Jan. 13th	Lesson 3 – Mindful Walking and Thought Surfing
Thursday, Jan. 14th	Lesson 4 – Be Kind to Your Mind
Friday, Jan. 15th	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/SLWMJan2021JK/>

If you have questions or would like more detail, please call Kris Swartzendruber at (989) 245-5903 or swartze6@msu.edu

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