Mindfulness: Managing Stress & Anxiety Relief

Thursday November 14, 2017  9:45 AM - 12:00 PM
Valdosta State University— TBA

Mindfulness is the practice of being fully aware in the present moment. Mindfulness allows practitioners to live fully in the moment, whole-heartedly. There are countless benefits of mindfulness meditation. The practice enables you to understand your pain, lower stress levels, reduce brain chatter, focus your mind, and connect better with others.

In the first half of the training, we will:

- Review and discuss the basics of mindfulness.
- Discuss the intersection of mindfulness and the workplace.
- Gain an understanding of the benefits of mindfulness meditation.
- Complete a “Mindful Map” to assess strengths and areas for improvement.

In the second half of the training, we will:

- Learn basic mindfulness meditation practices.
- Learn strategies that can be used at home and on-the-go.
- Apply the information learned in the first session by engaging in short meditation practices.

Set goals to live more mindfully and improve quality of life in the areas identified in the "Mindful Map" exercise.

Instructors:
Elizabeth McGuinness, I.O Psychology Candidate
Dr. Chere Peguesse, Director of the Student Success Center

Register Online

Online - visitor login for participants without VSU login credentials.

Call- VSU Employee Development
229-259-5105