



Mindful Mondays Lunch & Learn

Join us ONLINE as you take your lunch break

Make Mindfulness Your SUPERPOWER!

Mindfulness means paying attention to the present moment without judgement.

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 such as cardiac disease and diabetes.

Stress Less with Mindfulness teaches and encourages the use of mindfulness self-care skills to help you feel better and enjoy life more.

HOW TO REGISTER:

Step One: Download Zoom

<https://zoom.us/download>

Register Online:

https://msu.zoom.us/webinar/register/WN_NxIMPemUTBqhEdBMfPTJbA



During this **FREE** series we will explore some mindfulness basics such as breathing, moving, eating, walking, thought surfing and taming your busy mind, and more. **Sign up once, attend any or all.**

All workshops are from 11:30am to 12:30pm

- 10/26/20 **Begin with a Breath**
- 11/02/20 **Mindful Eating**
- 11/09/20 **Mindful Walking & Thought Surfing**
- 11/16/20 **Be Kind to Your Mind**
- 11/23/20 **Changing Negative Self-Talk**
- 11/30/20 **Mindfulness for Parents & Caregivers**
- 12/07/20 **Teaching Kids Mindful Eating**
- 12/14/20 **Begins with a Breath Again**

Michigan State University Facilitators

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