**Mindfulness Series**

**FALL 2016**

**Breathing to Increase Focus and Reduce Stress** - Wednesday, September 21st 12:00-1:00 PM. Third floor of Student Union, First Ladies Dining Room

Participants will learn to use their breath, "cue words", and visual imagery to calm themselves in stressful situations and to increase their overall level of relaxation. Bring your pillow and blanket!

**Emotional Mindfulness** - Wednesday, October 5th 12:00-1:00 PM. Station Executive Lounge

Explore a powerfully effective way of responding respectfully and adaptively to all of your emotions as a means of working through day-to-day difficulties, as well as fostering personal growth and creativity. There is so much that we can learn from our emotions if we are simply willing to listen to the "message" they are trying to tell us rather than struggle against them.

**Self-Maps: Mapping a Balanced, Strength-Based Course to Greater Self-Fulfillment** - Wednesday, October 19th 12:00-1:00 PM. Station Executive Lounge

We can choose to open ourselves to life or to close ourselves off from life for the purpose of comfort and/or safety. Participants will be asked to (1) explore how they move in both directions and then to (2) focus on specific ways to expand more fully into life in a balanced and healthy way. Doing so ultimately leads to a greater sense of satisfaction and fulfillment.

**30-Day Mindfulness Program** - 3 Sessions, Wednesday, November 2nd, 16th, and 30th 12:00-1:00 PM. Third floor of Student Union, First Ladies Dining Room

This three session program is meant to assist individuals to cultivate increased mindfulness of a variety of aspects of life. Sessions are scheduled two weeks apart from one another. Manual provided to all participants.

**Meditation Sessions: The Power of Being Present** - See separate flier or call Mike.

**Mindfulness is a mental state achieved by focusing on one’s awareness on the present moment, while calmly acknowledging and accepting one’s feelings, thoughts, and bodily sensations. Practicing more mindful behaviors will help you feel better, reduce stress, and enjoy life a little more. It has physical, psychological, and social benefits.**

Please contact Mike Mattock for information and to sign up for sessions (except meditation)

(660)562-1348