

## An Introduction to Mindfulness

Mindfulness practices can play a role in improving your health and wellbeing! Recent understanding of the negative health impacts of chronic stress has led to widespread research showing that mindfulness practices play a significant role in not only coping with stress but improving our overall health and even in treating chronic diseases.

During this one hour introductory class to Mindfulness you will learn how mindfulness of the present moment can allow you to deal more effectively with life and its challenges. We will then follow up thereafter for discussion on practice and application.

We will also:

- Define and describe key elements of Mindfulness
- Identify the benefits of Mindfulness
- Learn and practice several Mindfulness techniques that can be incorporated into your daily life



**Presented to you by:** Anne Demski, LCSW  
Student and Family Assistance Program