



# ONLINE Stress Less with Mindfulness

Mondays August 10, 17, 24, 31, and September 14

1—2 p.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.

August 10	Lesson 1 – Begin with a Breath
August 17	Lesson 2 – Mindful Eating
August 24	Lesson 3 – Mindful Walking and Thought Surfing
August 31	Lesson 4 – Be Kind to Your Mind
September 14	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/OnlineStreslesswithMindfulnessAugSepAdd/>

If you have questions or would like more detail, please call Jacqui Rabine at (248) 930-4125 or [rabineja@msu.edu](mailto:rabineja@msu.edu)