

The Mindfulness Experience

A BlueKC sponsored program offered to all SMSD staff members free of charge.



Mindfulness means maintaining a present moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens. It is the ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.

Mindfulness involves acceptance, meaning that we pay attention to our thoughts and feelings without judging them—without believing, for instance, that there's a “right” or “wrong” way to think or feel in a given moment.

When we practice mindfulness, our thoughts tune into what we're sensing in the present moment rather than rehashing the past or imagining the future.

The Mindfulness Experience is designed to help you in your practice of mindfulness. By introducing activities and providing you tools, the Mindfulness Experience will encourage you to develop an approach to life that promotes wellbeing in body, mind and soul.

The Mindfulness Experience offers:

- **Mindfulness Techniques** – A variety of mindfulness techniques will be introduced throughout the program. This offers an opportunity to experiment with many types of activities and gain awareness about which best support mindfulness for you.
- **Weekly Poll** – Polling questions encourage you to think deeper about your experience with mindfulness during the program. You will have instant access to poll results to give you an idea of how others in the organization are experiencing mindfulness.
- **Videos and Educational Resources** – Videos and educational resources will be shared on a regular basis to help you explore mindfulness concepts in depth.
- **Journal Prompts** – Journaling is an excellent way to reflect on your experiences and set intentions for what you hope to achieve through your participation in the program. Journal prompts will be provided to get you started.

To join the Mindfulness Experience:

Step #1: Proceed to the Mindfulness Experience website at

<https://us.mywellsite.com/wellnessworkshop/SMSD>

Step #2: Click on “Sign Up”.

Step #3: Read and approve the terms of service.

Step #4: When prompted, enter **ME8H as the company code**.

Step #5: Complete the user registration screen.

Registration Begins: April 20, 2020

Mindfulness Experience Begins: April 27, 2020

Last Date to Register: May 3, 2020

Mindfulness Experience Ends: July 19, 2020

For more information, contact tammiemccoy@smsd.org