

Stay balanced with Mindful Mondays

Mindful Mondays are a series of monthly classes designed to help you combat stress and build resilience while navigating the challenges of COVID-19.



Intro to Reflective Journaling

Learn journal entry tips and techniques that will help document evolving feelings, emotions, and reactions to stressful situations. Become more aware and learn positive coping skills.

Guided Meditation—Cultivating Gratitude this Holiday Season

Join us for a mindful practice of how to incorporate gratitude into your daily life for this season and going forward. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.

Guided Meditation—Mindful Pause

Join us for the benefits of learning and practicing the mindful pause. It is a way to check in with feelings, emotions, and principles and make thoughtful decisions for ourselves and others around us.

Intro to Reflective Journaling

Monday, October 11

12 - 1 p.m. ET

Guided Meditation Cultivating Gratitude this Holiday Season

Monday, November 8

12 - 1 p.m. ET

Guided Meditation Mindful Pause

Monday, December 13

12 - 1 p.m. ET

REGISTER TODAY

<https://bit.ly/3lbi1ek>