



# MIIA Online Winter Workshop Series A Taste of Mindfulness

We are pleased to announce a free, online winter workshop series on mindfulness. People who practice mindfulness report less worry, greater wellbeing, increased focus, and improved ability to cope with daily stress and challenges.

The workshop sessions will be broadcast live via Zoom on six Mondays from 6:30pm – 7:30pm from the **Mindfulness Center at Brown University School of Public Health** and are open to all employees of MIIA Member Groups from across the state. You can register for single, multiple, or all sessions.

You can participate in any or all of these workshops using a device with a camera and microphone, which includes most computers and smartphones, and do so in the comfort of your own home or other location.

## How to Register

Please register by Wednesday, January 8, 2020 for **all the workshops** you plan to attend. Email Sandy Sarni at [ssarni@mma.org](mailto:ssarni@mma.org) and use **Online Mindfulness** in the subject heading. Be sure to include your name and the municipal group you work for.

## How to Access the Online Mindfulness Workshops

1. Click on this link to access the **ZOOM platform**..... (Save this link on your calendar)  
<https://brown.zoom.us/j/821047780>
2. Be sure that your camera is working and the volume is on.
3. Questions about Zoom, [click here](#)  
<https://www.brown.edu/public-health/mindfulness/ideas/instructions-using-zoom-meeting-platform>

# Online Mindfulness Workshops

## 1. Introduction to Mindfulness – January 13, 2020

Are you truly “present” in your life? A Harvard study shows most of us are lost in thought, worrying or operating on autopilot almost half the time and this has consequences for our quality of life and health. Mindfulness is an evidence-based practice for strengthening focus, reducing stress and navigating work and life with more ease, effectiveness and wellbeing. Explore the science, benefits and practice of mindfulness. Learn how to use tools and strategies to strengthen your ability to meet the complexities of work and everyday life.

The introductory program is the foundation for the other five workshops. We highly encourage attending, especially if you are new to mindfulness.

## 2. Mindful Parenting – January 27, 2020

*“Parenting is one of the most challenging, demanding and stressful undertakings on the planet. It is also one of the most important”*

Jon Kabat Zinn, author of *Everyday Blessings: The Inner Work of Mindful Parenting*. Discover how the practice of mindfulness provides the foundation for more mindful parenting – being open, flexible, compassionate, self-aware and able to respond skillfully to whatever arises rather than reacting in habitual and sometimes unhelpful ways. Learn about mindfulness, engage in mindfulness practices and leave with tools and techniques to cultivate mindfulness in the context of parenting.



## 3. The Mindful Approaches to Reducing Depression and Anxiety – February 10, 2020

Is it possible to learn new skills to cultivate a radically different way of working with your mind? Yes, mindfulness-based programs targeting depression are validated by neuroscience and are particularly recommended to work with anxiety and depression.

Learn the links between thinking patterns, moods and patterns of mind that keep us trapped in emotional suffering. Explore new ways of working with distressing thoughts and feelings and how to intervene in the downward spiral to lessen and/or prevent depression. And, equally importantly, learn techniques for when you are in a good mood to maintain that joy and balance in your life.

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## 4. Mindfulness for Chronic Pain – February 24, 2020

Mindfulness is for the mind and the body. It cannot take pain away, but it can alter your relationship to it and thereby reduce suffering. This experiential workshop focuses on the emotional and psychological aspects of pain and the use of mindfulness to affect its manageability. You will experience some basic mindfulness practices including affectionate breathing, use of the pause, and a meditation focusing on compassion and loving-kindness.

## 5. Mindfulness for Caregivers – March 9, 2020

If you care for a loved one who requires assistance or work in a helping profession, you most likely have experienced both the deep satisfaction of supporting a family member or patient – and the stress. The nature and responsibilities of caregiving can be physically and emotionally taxing, and the experience of caregiving can feel overwhelming.

Do you sometimes ignore your own wellbeing? Do you think taking time for yourself is “selfish” or neglectful of your duties? There is a reason why when on an airplane we are instructed in an emergency to put the oxygen mask on ourselves first, and then support others. Mindfulness techniques can cultivate resiliency; reduce mental and physical symptoms of stress, anxiety and depression; and support you to better respond to challenges.



## 6. Work Can Be Messy, Mindfulness Can Help – March 23, 2020

Despite your efforts to create a reasonable routine and manage multiple demands, you can still feel overwhelmed, exhausted and deflated. Work is messy – it’s unpredictable, complex and chaotic - by its very nature. Stress and challenge may come from too much work, too little work, or simply from the breadth of other demands on your time. And in a culture where there is always more to “do,” how are you ever supposed to just “be?”

Explore mindfulness practices that can be integrated into the workday and ways in which mindfulness can help you make choices that support ease and wellbeing in the workplace.

**Prizes:** If you attend **at least 2 of the workshops and fill out an evaluation form**, you can choose from this highly regarded list of mindfulness-based books. (prizes are for MIIA/BC subscribers only)

1. Meditation is Not What You Think: Mindfulness and Why It Is So Important, Kabat-Zinn (2018)
2. Full Catastrophe Living: Using the Wisdom of Your Body and Mind To Face Stress, Pain and Illness, Jon Kabat-Zinn (Revised Ed. 2013)
3. Mindfulness: Finding Peace in a Frantic World, Williams and Penman (2011)
4. Self-Compassion: The Proven Power of Being Kind to Yourself, Kristin Neff (2015)
5. Everyday Blessings: The Inner Work of Mindful Parenting, Myla and Jon Kabat-Zinn (1998)