

New Mindfulness L.I.F.T. Videos

New videos have been added to the Employee Wellness page, continuing the L.I.F.T. mindfulness series with short, easy-to-use tools designed to support staff and students throughout the day.

These videos offer simple grounding and mindfulness techniques that help regulate the nervous system, improve focus, and build emotional awareness—making it easier to manage stress and stay present. By incorporating these quick practices into your daily routine, you can promote a calmer, more connected, and supportive work environment.