

# Stress Less with Mindfulness

A partnership between  
MWR Family Advocacy  
and MSU Extension

Free workshop begins:  
**SEPTEMBER 18<sup>th</sup>, 2020**

Workshop series is 5  
weeks in length and will be  
on Fridays from 10:00  
a.m.-11:00 a.m.

**LOCATION:** Series to be  
held virtually. Closed  
Captioning Available.

Sign-In Information will be sent  
when registered.



Autopilot is the way we typically respond. Our brain is wired to go down the same pathways we have used before, to have the same thoughts and feelings, to behave the same we have before. Mindfulness offers a way out of this trap.

In this series participants will learn:

**Session 1: Begin with the Breath**

Learn about the benefits of mindfulness  
Pinpoint behaviors which can make you vulnerable or resilient to stress  
Experience mindful movements as a way to relax

**Session 2: Mindful Eating**

Learn benefits of eating with mindful awareness  
Create a personal hunger/fullness scale as a guide for sensing when and how much to eat  
Experience paying mindful attention to eating

**Session 3: Mindful Walking/Thought-Surfing**

Practice mindful walking  
Identify how letting go of control can improve mental and physical happiness  
Learn thought-surfing to gain perspective on negative thoughts, sensations, worries and urges

**Session 4: Be Kind to Your Mind**

Learn the importance of self-compassion for your thinking  
Learn how to "de-fuse" harsh thinking  
Practice mindful attention to your thoughts  
Learn the power of acceptance and gratitude to relieve stress

**Session 5: Laughter Is Good Medicine**

Learn physical, mental and social benefits of laughter  
Experience laughing for the health of it  
Learn ways to include laughter in your life



**For more information  
or to RSVP please contact:  
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