



# STRESS LESS WITH MINDFULNESS

Mindfulness can be defined as paying attention in a particular way: on purpose, in the present moment and non-judgmentally. Research has shown that practicing mindfulness is effective in reducing stress-related symptoms, enhancing emotion regulation, and decreasing anxiety. This is a **6 part series** that will introduce the practice of Mindfulness as well as include tips on how to share these techniques with children.

**Next Class: Monday, April 15th, 22nd, 29th, May 6th, and 13th from 1 – 2 p.m. at Crouch Senior Center in Jackson, MI.**

To sign up Call Jackson County Department on Aging,

Crouch Senior Center: **517-788-4364**

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**Breathing  
Exercises**

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**Mindful  
Movement**

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**Letting Go of  
Negative  
Thinking**

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**Mindful Eating**

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