



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 **4 part series** that will introduce the practice of Mindfulness as well as include tips on how to share these techniques with children.

Next Class: Wednesday, November 13th, 20th, 27th and December 4th from 11:15 am – 12:15 p.m. at Spring Arbor Senior Center in Jackson, MI.

To sign up, talk to Shimone at the front desk, or Call Laurie at
Crouch Senior Center:

517-768-8691



MICHIGAN STATE UNIVERSITY | Extension

Breathing Exercises

Mindful Movement

Letting Go of Negative Thinking

Mindful Eating

MSU EXTENSION
MSUE.ANR.MSU.EDU

Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, sex, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status.