



# ONLINE Stress Less with Mindfulness

Mondays in August: August 3, 10, 17, 24, 31

10—11 a.m.

Zoom

Stress Less With Mindfulness introduces participants to the experience and practice of mindfulness, with a goal of reducing stress. 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 such as worry, depression and physical tension, and may be helpful in managing chronic conditions.

Stress Less with Mindfulness teaches and encourages the use of mindfulness self-care skills to help one feel better and enjoy life more. The program covers mindful breathing, mindful eating, physical processes in the brain and body and mindful laughter.

Stress Less with Mindfulness is a program authored by West Virginia Extension.

This series will be available over Zoom. Instructions on Zoom software and setup will be sent in the confirmation email.

- |           |  |
|-----------|--|
| August 3  | Lesson 1 – Begin with a Breath                 |
| August 10 | Lesson 2 – Mindful Eating                      |
| August 17 | Lesson 3 – Mindful Walking and Thought Surfing |
| August 24 | Lesson 4 – Be Kind to Your Mind                |
| August 31 | Lesson 5 – Laughter is the Best Medicine       |



**This is a free class.**

**This is a live class using Zoom and will not be recorded.**

To register for this class you can go online at:

<https://events.anr.msu.edu/StresslessWithMindfulnessOnlineAug2020/>

If you have questions or would like more detail, please call Jacqui Rabine at (248) 930-4125 or [rabineja@msu.edu](mailto:rabineja@msu.edu)

### **MSU Extension programming has something to offer every member of your family**

Michigan State University Extension helps people improve their lives by bringing the vast knowledge and resources of MSU directly to individuals, communities and businesses.

To help you be healthy at every stage of life, MSU Extension delivers affordable, relevant, evidence-based education to serve the needs of adults, youth and families in urban and rural communities. Programs focus on helping you gain the skills you need to buy and prepare nutritious, budget-friendly foods, increase your physical activity and stretch your food dollars.

MSU Extension's children and youth programs address needs and issues from birth through age 19, providing parents with educational resources related to your child's development and giving youth the opportunity through 4-H programs to build leadership and teach practical life skills.

**To find your local county office visit [msue.msu.edu/county](http://msue.msu.edu/county).**

**For more information or to join a class, contact your local MSU Extension county office or visit [www.msue.msu.edu](http://www.msue.msu.edu)**

MSU is an affirmative-action, equal-opportunity employer, committed to achieving excellence through a diverse workforce and inclusive culture that encourages all people to reach their full potential. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status. Issued in furtherance of MSU Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Jeffrey W. Dwyer, Director, MSU Extension, East Lansing, MI 48824. This information is for educational purposes only. Reference to commercial products or trade names does not imply endorsement by MSU Extension or bias against those not mentioned. Persons with disabilities have the right to request and receive reasonable accommodations.