



Self-Care for Health and Well-being

REGISTRATION REQUIRED

Join us for a free,
3-Week series this
fall!

Date: 9/16/25

Begin with a Breath

Date: 9/23/25

Be Kind to Your Mind

Date: 9/30/25

Problem-Solving with
Mindfulness

LOCATION / TIME:

Online; Tuesdays

6:30 - 7:30 pm

Sessions will not be
recorded.

TO REGISTER:

<https://bit.ly/4h4Vefd>

CONTACT:

Miloni Rathod

rathodmi@msu.edu



Back to school time brings a fresh start, but also the reality of everyday stressors that can feel overwhelming. If you're looking for practical ways to stay calm, reduce stress, and improve your overall well-being, our Mindfulness Series offers a perfect opportunity to reset. A different topic will be covered during each virtual evening session.

Begin with a Breath

In this engaging session, you'll learn the science behind mindfulness and how it can reduce stress, boost resilience, and improve overall well-being.

Be Kind to Your Mind

In this hands-on session, we'll dive into mindful attention to thoughts, helping you recognize and challenge negative patterns of thinking.

Problem Solving with Mindfulness

In this interactive session, you'll explore mindful problem-solving strategies that can help you address difficulties with clarity and calm.

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