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## COFFEE HOUR: BE KIND TO YOUR MIND

### JOIN US ONLINE

Tuesday, Jan 13, 2028

8:30 – 10:00 a.m. ET

Online via Zoom Webinar

To love yourself is to take good care of yourself, and there's no better month to celebrate self-love than February! Join us to learn how to Be Kind to Your Mind. This session explores techniques to learn to be a detached observer of your thoughts using the power of acceptance and gratitude. Stress Less with Mindfulness teaches and encourages the use of mindfulness self-care skills to help one feel better and enjoy life more. Stress Less with Mindfulness is a program authored by West Virginia Extension.

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. Mindfulness for Better Living includes a suite of one-time workshops to help people learn ways to use mindfulness to manage everyday stress.

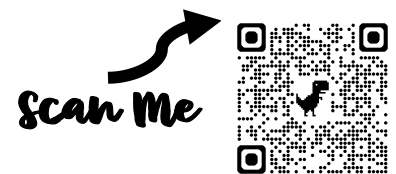
**FOR MORE INFORMATION  
OR QUESTIONS, CONTACT:**

Miloni Rathod at [rathodmi@msu.edu](mailto:rathodmi@msu.edu),

**Cost: FREE**

### REGISTRATION REQUIRED:

<https://events.anr.msu.edu/CoffeeHourBeKindtoYourMindJan2026/>



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**LEARN MORE/ REFER TO OUR PROGRAMS [HERE](https://www.canr.msu.edu/mindfulnessforbetterliving/learn-more-refer-to)**

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