

October 6 through November 3, 2014

Monday evenings 6:00-7:30

MSUE Kent County, 775 Ball Ave NE

Grand Rapids, MI

Stress Less with **Mindfulness**

Register Contact: Holly Tiret, 616-336-8998, [tiret@anr.msu.edu](mailto:tiret@anr.msu.edu)

Autopilot is the way we typically respond. Our brain is wired to go down the same pathways we have used before, to have the same thoughts and feelings, to behave the same way we have before. Mindfulness offers a way out of this trap.

**Session 1 Begin with the Breath 10-6-14 6:00-7:30 PM**

- Learn about the benefits of mindfulness
- Pinpoint behaviors which can make you vulnerable or resilient to stress
- Learn how the brain can reduce or increase stress
- Experience mindful movements as a way to relax

**Session 2 Mindful Eating 10-13-14 6:00-7:30 PM**

- Learn benefits of eating with mindful awareness
- Create a personal hunger/fullness scale as a guide for sensing when and how much to eat
- Experience paying mindful attention to eating

**Session 3 Mindful Walking/Thought-Surfing 10-20-14 6:00-7:30 PM**

- Practice mindful walking
- Identify how letting go of control can improve mental and physical happiness
- Learn thought-surfing to gain perspective on negative thoughts, sensations, worries and urges

**Session 4 Be Kind to Your Mind 10-27-14 6:00-7:30 PM**

- Learn the importance of self-compassion for your thinking
- Learn how to “de-fuse” harsh thinking
- Practice mindful attention to your thoughts
- Learn the power of acceptance and gratitude to relieve stress

**Session 5 Laughter Is Good Medicine 11-3-14 6:00-7:30 PM**

- Learn physical, mental and social benefits of laughter
- Experience laughing for the health of it
- Learn ways to include laughter in your life
- Review mindfulness skills
- Create a plan for continuing mindfulness practice

MSU is an affirmative action/equal opportunity employer. Accommodations for persons with disabilities may be requested by contacting *Holly Tiret* at 616-336-8998 by 9-22-14 to make arrangements. Requests received after this date will be fulfilled when possible.