

# Mindfulness for Stress Reduction

Stress is a major cause of psychological and physical distress. The practice of Mindfulness has been shown in numerous studies to reduce stress, anxiety, depression, insomnia, and increase happiness & health.



## Skill-building 3-week workshop

You will develop a personal mindfulness practice and take a significant empowered step towards greater well-being.

Thursdays – October 14<sup>th</sup>, 21<sup>st</sup>, and 28<sup>th</sup>

2:00pm–3:00pm

remote workshop with Rachel Lee via Zoom

The workshop has limited availability, so sign up soon!

Sign up by contacting: [counseling@mariacollege.edu](mailto:counseling@mariacollege.edu)